



Curro ergo sum  
(I run, therefore I am)

# March 2005

## Spring Greetings from the Prince George Roadrunners

Just as we were beginning to get motivated by the Spring-like weather, winter returned to thwart our training plans! The return of snow gives us a great opportunity to reminisce about our Iceman experiences. On the other hand, the promise of Spring weather, shorts, and tank-tops may provide us with the motivation that we need to get out there and run despite the weather.

If you're looking for a reason to get off the couch and enjoy the changing seasons, join us for the Heights Fiver on Sunday, April 3<sup>rd</sup>. This event offers a 5km walk, a 5km run, and an 8km run. The race begins at 9:00; however, please plan to arrive at Kool Cats Kid Care early in order to register with both the P.G. Roadrunners and B.C. Athletics. Post-race refreshments will be provided. This is a great opportunity to reconnect with old friends and to start the season off strong. As if the lure of food and friends weren't enough, the Heights Fiver is a Grand Prix race which counts towards series awards and year-end T-shirts! We hope to see you there!

A brief reminder about prices for the 2005 season: A PGRR membership is \$15 and helps to support our race series by funding facilities, supplies, and series awards. A B.C. Athletics membership is \$35 and provides you with important insurance benefits, both on race days and during training. Both memberships can be purchased at our first race and are valid for the entire season. Day of race fees are \$4 for B.C. Athletics members and \$7 for non-members.

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## Some words to think about...

Those who think they have no time for bodily exercise will,  
sooner or later, have to find time for illness.

- Edward Stanley

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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### Iceman 2005

The 2005 Iceman left us with many memories: the warm weather melted the snow at Otway, resulting in a change of course on the ski trails; Dick was up all night flooding the Oval, which had a unique s-curve in it this year; and the swim was reorganized, with competitors coming out of the pool between laps. Furthermore, this was the first year that chip timing was used. Finally, we had a great turnout of youth this year, with many teams comprised entirely of elementary and high-school aged students. The strong showing by the youth led to an impressive age spread between our youngest competitor (Kyle Bosier, 5) and our eldest competitors (Dick Voneugen and Keith Taylor).

This year's results were impressive. Patrick Turner was the overall winner this year with a time of 1:45:25. Jody Hollenberg, who travelled from Smithers to compete, took the female title in a time of 2:04:14. The male relay was won by Stride & Glide Sports in a time of 1:47:51, while the female relay was won by the UNBC Nordic team in a time of 2:00:25. Leslie's Helpers took the mixed relay title in 1:58:09. Full results can be found at <http://www.mag-net.com/iceman>



Keith Taylor, Kyle Bosier, and Dick Voneugen smile for the cameras after participating in this year's Iceman.

### The Iceman

Michelle Sinclair talks about being an Icewoman

I am an Icewoman. I finished for the team. I was humbled, and Humanly Wasted after 8km on skis. Being naïve was a good thing for me, because those hills would have crushed my "can do" attitude.

A week prior to the Iceman, I was recovering from the flu that swept through our city this winter; however, the excitement at the Civic Centre during package pick-up was more contagious than the cold I had. I needed to be part of this year's event despite my initial intentions to forfeit this year.

I missed the trail orientation, and I only made time for two skate ski lessons... Really though, how hard can it be to ski for 8km? I run; I work; I race after kids and balance a cheque book each month. Skiing can't be that hard. So I convinced myself that I could do the first leg for our team.

It suddenly occurred to me as I watched the women begin, and then the men, that I probably should have stayed in bed. This was not going to be easy. These athletes were not on a leisurely ski through the country; oh no, they were going really fast, with finesse and polish. They were racing!

The announcer called our group to the start line. My legs began to shake even though they suddenly felt heavy. I wondered if they would move forward. My skis felt glued to the snow, but I eventually gained some momentum and followed the pack ahead of me. In a few moments the pack was long gone and I was on my own. The first hill was extremely steep... then I found the next hill, and then the next. A kind woman said it was all down hill after that. At that point I hoped the finish line was near, and after more than twenty-five minutes I completed the first loop.

I was indeed humbled by this experience. I'm not a fast skier, and I clearly lack style... but the wonderful thing about the Iceman is that there is always next year, and in twelve months there is time to train and to improve. It can only get better from here!



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### Soufflee Glacee

Oliver Hui shares his Iceman experiences

Perhaps the fact that we named our team after a dessert (Soufflee Glacee) was prophetic, as we almost finished last. Richard Stewart and I found ourselves on the same team, as my office team folded due to too many people pleading "other commitments." We found ourselves on a team captained by Ianna Selkirk, a member of the Caledonia Ramblers hiking club and an Iceman newbie. She is also the receptionist at Dick Byl Law, so the law firms of Heather Sadler Jenkins (Richard), Wilson King and Company (your scribe), and D.B.L. were all represented. The other members, Gail Curry and Melanie Watts of the hiking club, were also newbies.

Gail struggled a bit on waxless skis and also managed to get lost, which left Richard waiting for about an hour! The team's progress was further slowed by a train. Ianna was a bit apprehensive about the state of the oval, but managed to avoid falling - although a young female speed-skater was not so lucky (I think she eventually pulled out; though she showed considerable spirit by refusing her mom's entreaties to stop for a couple of laps while shedding tears). I had the 5k course pretty much to myself, and was about to congratulate myself on a PR split when Glenda told me the course is short. Melanie, who apparently dislikes competition, had a good go in the pool. Our newbies were enthusiastic and may well enter again next year. I heard many favourable comments on the chip timing and hope the organizers are prepared to continue with this.



Vincent Budac gets his timing chip from his little sister Carley.



Chris Budac runs through the transition area at the ice oval.

### 2005 World Masters Games

Edmonton will be hosting the World Masters Games from July 22<sup>nd</sup> to July 31<sup>st</sup>, 2005. It will be the largest participatory sporting event in the world, with 16,000 athletes from 100 countries competing in 27 different sports! There are currently over 8,000 registrations; however, organizers are hoping to top 16,000. For more information, check out the World Masters Website at: <http://www.2005worldmasters.com/>



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### Hot Cross Buns

These easy, bread-machine buns are a great treat, both for Easter and for everyday!

#### Dough:

- 1 ¼ cups milk (I use skim milk)
- 1 egg beaten
- ¼ cup butter
- 1/3 cup sugar
- 1 ¼ tsp. salt
- 3 ½ cups flour (I use half white and half whole wheat)
- 1 tsp. cinnamon
- ½ tsp. ground cloves
- ¼ tsp. nutmeg
- 1 ½ tsp. bread machine yeast

#### Add Ingredient:

- ¾ cups raisins

#### Glaze:

- ½ cup icing sugar
- 1 tbsp. milk
- ¼ tsp. almond flavouring

1. Measure the first ten ingredients, in the order listed, into the bread machine baking pan.
2. Insert the baking pan into the oven chamber and close the lid.
3. Select: dough setting.
4. Press start.
5. Add raisins when the "add ingredient" signal beeps. If your dough setting does not have an "add ingredient" signal, just put the raisins in at the beginning - the only difference will be that your raisins may get "chopped" during the mixing process.
6. When the cycle is complete, remove the dough to a lightly floured surface. If necessary, kneed the dough to make it easy to handle. Divide the dough into 18 pieces. Shape each piece into a round, slightly flattened bun. Place the buns 2" apart on greased baking sheets. Cover and let rise 30 minutes, or until doubled in volume.
7. Combine 1 slightly beaten egg with 1 tablespoon of water and brush on buns. With a sharp knife, make two cuts, ¼" deep, on top of each bun to form a cross.
8. Bake at 350 for 15 to 18 minutes. Remove from oven and immediately drizzle with glaze.

### Coach's Corner: Runners on the Web Bill Owen on Electronic Training Logs

The other week I was beginning a new training program and trying to find my paper and pencil running log... I still haven't found it. What I did find is a web site that collects all the same information as a traditional running log and provides summary statistics. You can enter in the distance (in kilometres or miles - just set your profile preference), the time, the weather conditions, the type of workout, and much more. You can even select which pair of shoes you wore for each run (I have never been good at keeping track of my shoes' mileage).

One reservation you may have about using an electronic training log is that you need to register in order to use the website. I always fear the onslaught of unsolicited advertisements. So far I have not received one piece of junk e-mail; however, I did "deselect" the "do you want our monthly newsletter" box as I was registering.

So, if you are tired of trying to find your paper running log, bookmark: <http://www.running-log.com/>

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

Do you have a race experience to share? A photo of a local event? A great recipe for a post-run meal? Some training tips? Email your ideas and contributions to [c\\_hwatts@yahoo.ca](mailto:c_hwatts@yahoo.ca) and I will try to get them into the next issue.