



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

September 2005

Congratulations from the Prince George Roadrunners!

Congratulations to the Ironmen and Ironwomen who represented Northern B.C. in Penticton! Your dedication, work ethic, and athleticism are truly inspiring!

Special thanks to Karen Mackay, Charlene Teel, Laura Brough, and Cheryl Moors (Team Crest) who not only used the Ironman as an opportunity to challenge themselves physically but also to raise money to purchase a new palliative care bed for our community. Imagine: all that swim, bike, and run training AND fundraising in their "spare" time!

Here's how our local and regional athletes finished:

10:13:08 KUZIO, SHAUN
11:02:37 WING, STEPHEN
11:22:15 ORB, SEAN (Valemount)
11:37:12 BARUTA, TYLER (Dawson Creek)
11:48:37 FLASPOHLER, KARL (Williams Lake)
11:51:25 MCCULLOCH, LARRY (Smithers)
12:17:15 GIESBRECHT, LISA (Campbell River - Formerly of P.G.)
12:17:26 SOUKA, ROB (Mackenzie)
12:22:39 SIMPSON, MIKE (Smithers)
12:43:36 HOLLENBERG, JODY (Smithers)
13:01:36 LEWIS, WAYNE (Mackenzie)
13:09:40 MOORS, CHERYL
13:13:32 MOORE, TRACY (100 Mile House)
13:25:47 FRASER, JORDIE (Kelowna - Formerly of P.G.)
13:32:58 SOUKA, CHRISTINE (Mackenzie)
13:44:36 BLUES, FRANK
13:48:46 VAN SPENGEN, GARY
14:39:12 BROUGH, LAURA
14:43:09 KURHINEN, TOM
15:14:27 TEEL, CHARLENE
15:53:38 MACKAY, KAREN

Congratulations and Happy Recovery!

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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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Rise to the Challenge! By Denny Straussfogel

The Emperor's Challenge Mountain Run is billed as the "toughest and most beautiful half-marathon in the world" and the organizers boast that no one has yet disputed that claim. The race, held the first full weekend in August and organized by the Wolverine Nordic and Mountain Society (WNMS), is a 21.1K loop that climbs 2500 feet over the twin summits of Roman Mountain, about 35 km south of Tumbler Ridge, BC. The race course winds through the wilderness of the Northern Rockies, with the start/finish about a forty-minute drive, mostly over gravel road, from Tumbler Ridge (TR). After two years of running this race in miserable weather with limited visibility, this year I finally got to see what I had been missing--spectacular views of snow-capped mountains and alpine landscape all along the race course.

The mountain's name inspired the Roman theme for the event, and many of the organizers and participants wear togas to the pre-race seminar, held the evening before at the TR community center. The seminar includes a brief history of the race, with a slide show of the race course and other WNMS trails in the area. One can also arrange to have a personal photo taken as you (hopefully) cross the major summit of the mountain on the following day.

The race started at 9:00am and the course loop was run in the direction opposite to previous years to minimize impact on new mining activity along the race route. The weather was ideal, though a strong wind was blowing at the summit. The first 3K was a gradual but steady climb on gravel road, then a turn up the mountain where the real climbing began: 2K steep uphill (think Cranbrook Hill--the steep part), then another 2K of "extreme" uphill (think the Cutbanks), much of which had to be walked. I couldn't believe that I had come *down* that steep part in previous years! There's a "helper rope" up over a narrow rock band, which was definitely easier pulling up than sliding down in previous years. By the 5K point, up on the steepest part of the mountain, the legs are pretty tired ("Feel the burn!"--J. Fonda) and the breathing pretty heavy and one faces the inevitable "Why am I doing this?" conundrum. Stop thinking; keep moving! Now up and over the minor summit and back to a tentative run on shaky legs across half a kilometer of alpine meadow called "The Trench." Covering my bib number to keep it from being ripped away, I was glad the temperature was warm enough to keep the bite out of the gale-force wind. Hit the last steep rock face and another scramble up, then... What's this guy with a camera doing up here?! It's the summit photographer! Smile! I made it! (The defending women's champion claims she proposed marriage upon reaching the summit photographer in her first Emperor's Challenge. Evidently he declined.) OK, quick, look at the view! Right, very nice! Oh no! Look at what I have to go down! Cow-a-bunga!

Since the summit is at only the 7K point, there's still a whole lot of running left to do. The coming down may be more difficult than the going up. After a brief downhill scramble/slide over some scree and a few hundred metres over open alpine, the course picks up a newly cut road with a lot of switchbacks and not quite as steep as the climb up. I think this is where runners with young knees and fearlessness of youth have a definite advantage over more, ah, mature competitors. I did my best to keep up a good pace though, ignoring my tired legs and trying not to think about the consequences of a bad foot plant. So after 6K of hard, knee-pounding downhill, you're off the mountain and onto the final 8K of rolling jeep trail with plenty of ups and downs, but nothing like what you've just been through. This last part is actually a nice run through the forest on a relatively smooth dirt road, so you can enjoy looking around at the scenery. The deep green pines contrast against the pale green of the high meadows, and there are lots of wildflowers in bloom along the road. (I was pretty much alone along this stretch and heard some thrashing off in the underbrush. I chose to believe it was an extremely large squirrel.) Counting down the kilometer markers, all in Roman numerals of course, then a nice flat final K to the finish! Done!

The post-race spread was great with an endless supply of drinks, snacks, and grilled hamburgers, courtesy of the local Lions Club. There were professional massages available, too--not that anyone needed it! Maybe a dozen runners/walkers from Prince George were at the race this year, many from PGRR who gathered for a post-race photo. One couldn't help but feel good looking back at the massive peak and knowing you had, indeed, "risen to the challenge."

In the past few years, the area surrounding Tumbler Ridge has become well known for fossilized dinosaur tracks, with more being found all the time. There are also a host of beautiful hiking trails, many maintained by WNMS, (maps available online or at TR visitor center). Monkman Provincial Park and Kinuseo Falls is a fifty minute drive south, so there are lots of things to do in TR--besides running up and down mountains.

The boom/bust economy of Tumbler Ridge is currently booming with the opening of new coal mines in the area. While this is good news for the economy, it's not so good news for the wilderness landscape or the Emperor's Challenge. Since it appears that five kilometers of the current race course will soon be engulfed by an open-pit coal mine, the future of the Emperor's Challenge may be in question. Hopefully, WNMS will find a way to continue the "toughest and most beautiful half-marathon in the world." See you there next year!

Emperor's Challenge website: <http://www.emperorschallenge.com/>



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Top: Emma Balazs (centre) with her team the Speedy Speedos at the Kid's Triathlon this summer.

Bottom: Emma Balazs at the 2005 Massey Mile.

Feature Runner: Emma Balazs

If ten year old Emma Balazs is any indication, the future of the Prince George Roadrunners looks bright. Emma was introduced to running in grade one when she participated in the cross country events at her school. Since then, Emma has gone on to become a member of the Prince George Track and Field Club; she has participated in the Kid's Triathlon; and she has outrun many of the adults at the Roadrunner's races this year.

As a member of the Prince George Track and Field Club, Emma participates in many different events. Her favourites are the 100m, 200m, 400m, 800m, 1500m, and the triple jump. During the cross country season, Emma enjoys running at Nukko Lake. This year, she participated in the road race series after reading about the Roadrunners in the newspaper. She trained specifically for the Highland Ridge Run and was pleased with her 5km time of 23:03. She also enjoyed running her first Massey Mile (in a time of 6:31) which she described as "easy."

This fall, Emma plans to participate in the cross country races at her school and, as a true competitor, she hopes to win them all. She is also looking forward to the Hart Highland's Turkey Trot and hopes to beat her current personal best of 241 laps of the school field (or about 200 kilometres) over a three week period.

Being the youngest runner at many of the Roadrunners events can take its toll on Emma's nerves. She describes herself as shy and comments that she sometimes worries that she "will make a mistake and run the wrong way." As a new runner herself, Emma is not yet ready of give advice to those of us hoping to catch up with her; however, she is quick to suggest that more prizes for kids, specifically CANDY, could help the Roadrunners attract more young runners.

We will all be rooting for Emma this fall as she strives to meet her personal goals and we hope to see her, and more young runners, out at the races next season!

P.G.R.R. Singlets

There are still a limited number of P.G.R.R. singlets available. At a cost of \$40 (for a dry-weave) these are a great deal and an amazing way to represent your club at races! Singlets may be purchased at Stride & Glide Sports or at the year end barbeque on Sunday, September 18th. Singlets must be paid by cash or cheque only.



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Ironman 2005 By Karen MacKay

The journey to Ironman 2005 began in 2003. The evening prior to the Kelowna Apple Triathlon there was a group of us having dinner and discussing Ironman. It was decided that we should do it before we turned 45. So Laura Brough, Cheryl Moors, Charlene Teel, Lisa (Storey) Giesbrecht and I made a pact that we would go and watch Ironman 2004 and sign up (you have to sign up a year prior) Note: Lisa is well below the 45 age mark but not the rest of us.

Once Arnot Teel (Charlene's husband) found out our plans he offered to sponsor our group in return for us doing some fund raising for a local charity. After some discussion it was unanimously decided that we would raise money to buy a palliative care bed for the community in memory of Krista Postmus who lost her life to cancer in January 2004. The training and fundraising began in September 2004.

The morning of August 28, 2005 was beautiful. The day began at 4:00 am, in the dark, with final preparations. Bikes and gear bags are put into transition the day prior to the race so it makes the morning of the race a bit less stressful. You have to go and get your bodymarking done starting at 5:00 am, drop off your special needs bags and do final checks on the bike. Stops at the porta potties in the transition area are made and then the wetsuits go on. There were approximately 2200 athletes competing. The pros started at 6:45 which is the first time they have gone prior to the age groupers. The age groupers began at 7:00 with the sound of a canon. During the 3.8 km swim I just kept reminding myself – long smooth strokes. Of course you get the usual kicks in the head, elbows in the side, etc. Swimming becomes a combat sport in open water. Exiting the water right on my estimated time was a thrill. Once you come out of the water there are "strippers" there to help you remove your wetsuit and then it is off to the change tent to prepare for the bike. The first part of the course is nice and flat and a good way to get your breathing under control. Once I started climbing McLean Creek Road I noticed a lot of people having to stop and change flat tires. This continued on for a long time. I found out after the race that someone had put tacks down on the course. Thankfully none of the PG athletes got flats. Once I started descending McLean Creek there was an accident where a cyclist had crashed. There was a great deal of blood on the road and the athlete was taken away by ambulance. At the time I didn't realize that Laura Brough had stopped her race to assist in the accident. She was there for approximately half an hour, which could have jeopardized her own race. That shows the selflessness of one of our own local athletes. The rest of the ride was pretty uneventful compared to the beginning. It was great to see Cheryl, Charlene and Laura on the out and back. Coming off the bike and onto the run was difficult. My stomach was upset, most likely from the heat (close to 30 degrees). I ran approximately the first 3 km and then, watching many athletes walk, decided that it was going to be okay to walk. The run (walk) was the hardest part of the race, I think, for all the Prince George athletes. I was able run near the end again.

The experience of Ironman was a very memorable one. To know that after training for a year that I could physically and mentally accomplish such a goal was one of the most rewarding things I have done. I know that having such wonderful training partners such as Charlene, Cheryl and Laura as well as others was a great contributor to my completion.

On behalf of all the members of Team Crest I would like to thank all of those that supported us this past year with our fundraising. A special thank you to those that made the trek to Penticton to cheer us on.

Editor's Note: You can still contribute towards Team Crest's palliative care fund! Donations can be made at the Spirit of the North Healthcare Foundation (in the P.G.R.H. lobby). Make cheques payable to "Spirit of the North" and **be sure to note that you are donating for "Team Crest."**



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Coach's Corner: Marathon training in Prince George

By Joe Kelly

One of the many great advantages of running in general is it doesn't really matter what part of this province you're from, you can usually get outside to enjoy running. The months of September and October are ideal times to run marathons, as long as you don't mind a bit of traveling. In BC we have the Kelowna or Victoria marathons in early October and the Portland marathon in Oregon or the Long Beach marathon in California.

I have been asked a few times what I feel should be included in a good marathon program that will produce good results. Before I get into what I think works in a good marathon program, let me forewarn you that you must be prepared to work hard. There are lots of marathon programs that can be used to finish a marathon, and I think they are great, but if you want "best time" results you do need to incorporate some essentials.

The first essential needed for a good marathon program is high mileage at key times in your program. Most programs are 16 weeks long (you need to have a good base before starting a 16 week program) and you need to be putting in 90 -100km weeks to get results. I'm a proponent of long runs every 2nd week so I'll do at least 4-5 100km weeks in my 16-week program. On my long run I'll do 1/3 of the run at marathon pace and the other 2/3rd of the run at 1 minute per mile slower pace. So if you plan on running a marathon at 8:00min/mile, you would run your long runs at 9:00min pace for 2/3rd of the run.

The next part of good program incorporates hills and hill intervals. For 4 weeks of my program, in weeks 6-9, I'll do hill intervals. The interval is short, 100 – 200m, but at a good pace. The reason for these intervals is to build quad strength for the race. Throughout my marathon training I will always do hills, but only do the intervals for a 4-week period.

Another essential part of a good program is to ensure you do some racing during your 16 weeks of training. Pick out some of the local races to help you understand your pace and how it feels. Local races also teach you how to handle the adrenaline of racing. You may be able to blast out of the blocks in a 5km race but you don't want to do that in a 42.2km race. They are also great confidence builders for the marathon.

The toughest part of a marathon program is the speed workouts. To be able to run a best time marathon it's really simple.... You have to be able to hold on to the best pace you can do for 42.2km. I know I'm oversimplifying the marathon, but the only way to do that is to run it as fast as you can, knowing that it's going to hurt in the last 10km. The best way to train your body to accept this is speed workouts on a track or road. There are various track workouts using 400m, 800m, 1200m and 1600m intervals. I do 4-6 weeks of track workouts and will admit I find them hard. You run the intervals at better than marathon pace and this will produce lactic acid in your legs. You are simulating the last 10km of your marathon with the lactic acid. If you can, do the track workouts with a group of people.

With everything I've mentioned, you have to make sure you listen to your body and take rests. Cross training by swimming, weights, biking, etc. is great and needed in a good program. Of course eating properly is also very important as you are using up a lot of calories when training for marathons.

If you have any questions on marathons just ask me when you see me around.

Editor's Note: If you are interested in trying out some of Joe's speed workouts check out the Run Faster Not Harder Clinic, beginning this month, at the Family Y. For more information, contact the Family Y.



September 2005

Carrot Spice Cookies

Do you have lots of carrots ready to harvest? Shred them up and freeze them so that you can make these healthy cookies all winter long!

- ½ cup butter or margarine, softened
- 1 cup brown sugar, packed
- 1 egg
- 1 ½ cups grated carrot
- 1 cup white flour
- 1 cup whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ tsp cinnamon
- ½ tsp nutmeg
- ½ cup raisins

Cream butter and sugar together.
 Beat in egg.
 Stir in grated carrot.
 Sift remaining ingredients together (except raisins).
 Gradually add dry ingredients to wet and mix well.
 Add raisins and mix.
 Drop by spoonfuls onto non-stick cookie sheets.
 Bake at 350 for 10 to 12 minutes.

The Last Word: The Labour Day Classic

This year, the Labour Day Classic was full of memorable “firsts“. For me, it was my first full (8.5 mile) Labour Day. For some, it was their first relay. For others, it was their first time achieving a special personal best time. For others still, it was their first Labour Day Banquet.

The feedback about the Labour Day was amazing. Spread the word; praise the organizers; and thank the volunteers and sponsors in order to make next year even better!

If you would like to get involved with the Labour Day Classic let me know and I will put you in contact with the organizers!



Above: “The Late Bloomers” after running their first Labour Day Classic Relay! Carol Lloyd, Kim McLaren, and Karen Whyte met this spring during Learn to Run at the Family Y. They have become fast friends and great training partners! Congratulations... You go girls!

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!