



# Spring 2007

Curro ergo sum (I run, therefore I am)

[www.pgroadrunners.ca](http://www.pgroadrunners.ca)

## Greetings from the Prince George Roadrunners!

The race season is well underway now with both the Heights Fiver and the Hart Half already finished. The Miworth race, on April 22nd, is next. This race offers both 5km and 10km distances. We hope to see you there!

As always, Prince George Roadrunners members can earn series finisher T-shirts by completing six club races. To encourage and recognize volunteers, we are extending our series finisher T-shirt program this year to include those who help at our races. Roadrunners members can combine their running participation with their volunteer participation in order to earn their series finisher T-shirts. For instance, a club member who completes four races and volunteers at two races would still earn a series finisher T-shirt. Similarly, a non-member who volunteers at six races would also earn a T-shirt. We hope that this will encourage members to come out and volunteer on days when they are not feeling up to a race and to bring friends and family members out to our races to help.

## The Prince George Road Runners Board of Directors

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### Directors:

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## Boston Tea Party

If you are running Boston this year, this invitation likely comes to late... but if you are considering running Boston in the future, you may want to check out [www.bostontea-party.ca](http://www.bostontea-party.ca). The Boston Tea Party is an annual brunch designed to unite and motivate Canadian runners participating in the race.

This year, the event takes place on Sunday, April 15th at the Hard Rock Cafe Boston (located right near the Hynes Convention Centre at 131 Clarendon St. #2). There are two seatings: 8:00-9:30am and 9:30-11:00am. Tickets can be purchased online at [www.bostontea-party.ca](http://www.bostontea-party.ca) and are \$30 USD for adults and \$16.50 for children under 10 years. Guests receive an all-you-can-eat buffet brunch, a Team Canada bracelet, an opportunity to win some fabulous draw prizes and a gift bag to take home.

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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## The 2<sup>nd</sup> Annual Family Y Kids Marathon By Andrea Davy

The Prince George Family Y Kids Marathon is now in its second year. The Kids Marathon is open to all children in elementary school (K-grade 7). The final 1.2km of the marathon will be held on June 3rd, 2007 at 11:00am. Last year, 250 children participated in the event. This year, we are expecting even more.

June 3rd will represent the culmination of a five-week, 41 km program administered independently and through local schools in cooperation with the Family Y. When the children complete the final 1.2km on June 3rd, they will have completed a full marathon in a manner that is healthy for growing bodies.

As well as creating awareness about the fun and importance of fitness, the event raises funds for the Pediatric ward of the Prince George Regional Hospital through the Spirit of the North Healthcare Foundation. Participants are encouraged to collect pledges for this important cause.

The Kids Marathon is a great opportunity for young children and their families to incorporate regular exercise into their daily life. The event promotes health, commitment and perseverance, community, and the value of helping others.

Registration deadline is May 2nd. Packages are available through the Prince George Family Y.

If you would like to volunteer or sponsor this event, or for more information please contact Andrea Davy 563-7006 or Glenda at the Y 562-9341

**Move to Page 3 to read reviews about the Kids Marathon written by children!**



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## Kids Say

One of the many schools that participated in the Kids Marathon last year was Ron Brent Elementary. The grade 3 class walked and or ran together every school day for 5 weeks. Here are some of the comments students wrote when asked about their experience participating in the Family Y Kids Marathon.

*"The Y Marathon is excellent. I get to have fun because it is like a race."* William

*"The Y Marathon is good for you so you get stronger muscles so you can run fast. It's also a challenge to beat Bronson because he is fast. It's good for your heart so your heart doesn't get diagnosed with heart attack. It's good for me. I feel great."* Jonathan

*"The Y Marathon puts you in good shape. My muscles, heart and bones feel strong and healthy. The Y Marathon makes my whole body feel healthy."* Bethany

*"It is good exercise and you burn off your energy. The marathon is fun."* Kohl

*"I like the marathon because its lots of fun. I think its fun because I get to have a race with my friends. It's going to be a challenge to do 5 laps. The Y marathon is a good exercise. The Y marathon is a good exercise because my bones feel strong. I feel happy when I run with my friends."* Shantel

*"The Y marathon is excellent. It challenges me. I like to beat everyone around the track."* Bronson

*"I get to visit with my friends. It tires me out by running 5 laps. I feel so happy when I do the marathon."* Candice

*"We get stronger muscles because we run just about all the time. My body likes to run everyday it makes me get faster at running. I get to talk to my friends when I run. I feel really good inside my body."* Jerriko

*"We get prizes."* Sean

*"The Y Marathon is excellent. It's a challenge when your heart hurts when you run hard enough. When your stomach hurts. It makes me feel alive and proud and excited and happy and beautiful and strong."* Clayton



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## **Banana Muffins**

2 cups flour  
1/4 cup sugar  
1 tbsp baking powder  
1/2 tsp salt  
1 cup milk  
1 egg, beaten  
1/3 cup vegetable oil  
3/4 cup mashed banana  
1/2 cup chopped walnuts, raisins, or chocolate chips

Preheat oven to 400F.

Grease a 12-cup muffin pan.

Sift flour, sugar, baking powder and salt into a medium bowl; make a well in the centre.

Mix milk, eggs, oil, banana and nuts, raisins or chocolate chips in a small bowl. Pour this liquid mixture into the well.

Mix the batter until just moistened; do not overmix.

Spoon the batter into greased muffin cups. Bake until a toothpick inserted in the centre of the muffins comes out clean or until the muffins are golden brown (about 15 minutes).

## **Wanted: Your Race Stories**

Have you recently returned from a great race (perhaps with a unique Disney medal)???

Were you surprised to see medals at the Hart Half finish line this year?

Are you off to the Sun Run this weekend (perhaps with really cool socks to bring you luck and laughs)???

Are you Boston Bound?

Are you training for the Family Y Road Race?

Send me your race stories and I will put them in the next newsletter for others to enjoy!

## **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!