



# Winter 2007

Curro ergo sum (I run, therefore I am)

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

## Greetings from the Prince George Roadrunners!

The fall and winter months have been busy for many of our club members. The faithful participated in the local Cross Country series; the festive ran in the annual Santa Toy Run at the Second Cup and in the Candy Cane Lane run at The Family Y; the fortunate travelled south to represent our club at exciting races in the United States; and the clinically insane joined Richard for his annual Run to Remember ultra marathon. What did you do?

Hopefully this newsletter finds you well and training hard for the rapidly approaching Iceman as well as the upcoming local race series. We hope to see you out there training and racing!

## The Prince George Road Runners Board of Directors

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## The Run to Remember #3: Nov 11th, 2006 By Richard Stewart

RTR#3 took place on a day perfect for long distance running and for the remembrance of those who have and continue to secure the freedom we all enjoy.

Thanks for the support goes out to Mary Jo and Paul Thibodeau, Leslie Budac and all the runners that started us out.

Four competitors showed up. Yvonne ("Little legs") Hemmerich was there for her first 50; Chris ("No limits") Budac returned after having a spectacular Kelowna marathon; Mitch ("Can't get tired") Davy was keen; and there was yours ("the voices are getting louder") truly. Yvonne and I ran it together. I don't think she really believed me when I told her she would be feeling "Goddess-like" and invincible after 35kms. I know Yvonne was hurting pretty badly by 40kms but she was all intestinal fortitude and I was proud to see her finish. Chris went into the beyond by surpassing the 60/63.3km proposed distances and doing 42.2 miles—that's right MILES. (65kms).

The next November 11th is on a Sunday. I could hold this event on the 10<sup>th</sup> (Saturday) instead but I am looking for input as to preferences.

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 New York Marathon By Bryan Tuson

The experience is worth the expense! The day started out perfect for a marathon and it stayed perfect. Our group arrived at the New York Public Library at 6:00 A.M. sharp to catch the bus out to Statten Island, the first of the five boroughs. Everything was there for the wait for the 10:00 A.M. start. There were tents set up for the distribution of doughnuts, bagels, coffee, water, juice and smoothies. The only thing lacking was something to sit on as we were in a park on a military base. Quickly we discovered that the doughnuts came in cardboard boxes which we secured as a layer of protection between the grass and our butts. The baggage check was right there; if we had known, we could have brought something to sit on. Note to self: if you return, bring a folding chair. The wait was a bit long, so we passed the time by meeting runners from everywhere! The New York Marathon truly is an international marathon. There were many runners from France, Italy and Mexico to name just a few places.

Just before 10:00 they called us to line up for the start. At 10:00 the gun sounded and we were off to the sound of a huge military plane roaring just above our heads. Like we needed to get more excited! Just a short run from where we were lined up to the actual start and there was the Verazano Narrows Bridge looming large and steep. Shoulder to shoulder on the 4 lanes our corral (orange corral) on our side with another corral (blue corral) in the 4 lanes just across the divide, running up the hill; what an incredible site. Helicopters hovering overhead, fire boats shooting streams of water beneath and runners surrounding us; pictures could never capture the entire scene. Down the bridge into Brooklyn where huge crowds lined the street cheering us on, children high fiving us as we ran down the six lane divided street. In some places, the crowds were 3 and 4 deep. Every time we ran under a bridge or overpass the runners cheered "echo" and then hollered at the top of their lungs. At mile 8 a third corral (green corral) joined with us at Atlantic Avenue. If we thought the crowds were big and loud before then... when we got here they were, in many places 10 deep on the sidewalk and they were so loud that I couldn't even hear myself when I yelled "Thank you" as loud as I could (and you all know how loud I can be). Still running in Brooklyn, we turned onto Bedford. The atmosphere was a drastic contrast as we entered the area was where the Hasidic Jews live. They were very stoic, with their top hats and dark clothing. They were also very quiet but observed us with kind regard as we passed. Somewhere near here my left ITB problem returned. I vowed to walk the rest of the way as I needed it to get better because I still have two more marrys to run by January 7th.

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## The New York Marathon (...Continued from Page 2)

We crossed the Pulaski Bridge and into Queens where it was a bit more subdued, but then these folks had been standing there for a few hours by then. We crossed the Queensborough Bridge into Manhattan and turned onto First Avenue where the crowds picked up again. Many of the intersections had fire trucks with fire department crews cheering us on while most of the runners were honouring them as it was these heroes who had the biggest losses on September 11th, just a very short time ago. We ran with great crowd support all the way up into the Bronx where the crowds took on a different aspect. They were still very supportive but maybe a bit more boisterous. This was the last of the five boroughs but we crossed one more bridge and were back in Manhattan in an area known as Harlem. Harlem is where I had my most inspiring experience. I had been running with a very nice runner from Ottawa and she had the Canadian flag on her shirt. We were passing several apartment complexes made of brick when we heard a cry of "GO CANADA!" As we looked up to the 3rd floor, there was a big Canadian flag taped to the wall and a young girl waving a smaller Canadian flag and cheering for us. Kodak moment? You betcha! It still makes me feel great when I recall that moment. We ran for what seemed like forever down this street until we could see Central Park and the crowds were getting bigger every block. With the park on our right and very trendy apartments on our left we continued and then turned to our right and into Central Park. The route meandered through wooded areas and the streets were lined with cheering race supporters. We got a feeling of anticipation as we saw that finish line drawing us ever onward. We ran out of the park and headed down yet another street. Then we turned once again and passed through a very ornate park entrance. There was a jumbotron with our images flashing across the screen as we entered the park, giving us that last boost of energy that many of us needed to get to that illusive finish line. The mile 26 sign! We were almost there! Then there was a sign that said 300 yards to go, then 200 then we could see the finish area and hear the roar of the crowds at the finish line. Finally there it loomed, just ahead, and another jumbotron showed us sprinting for the finish. What did I see on the jumbotron? It looked like a rhinoceros? It was! A runner dressed in a huge foam rhinoceros costume was trying to pass me! Not this day! I got a sudden burst of energy and held him off until I crossed the finish line. The runner in there must have been some hot. Never know how fast you can run when a rhinoceros is chasing you.

Now for that great big medal and food. They had a family gathering area where we were able to meet our support team with warm dry clothes... but alas they were a no show. Now sweaty and cooling off with no money... how were we to get back to our hotel? We thought that maybe we could talk our way onto the subway, after all we had our medals. Lo and behold the subways were free for the marathon runners. Life is good!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



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## The New Las Vegas Marathon: Dec 10th, 2007

By Richard Stewart

The route for this race was changed from the earlier point to point course . Back then, the racers had to be bussed out to a point in the desert , dropped off and then run in. A new organization subsequently took over; hence, the "New" in the title . The start was noisy, dark, early, chilly and windy outside the Mandalay Bay Hotel and Casino. The Blue Man Group performed for the runners prior to the start. I caught their show later that evening and it was hilarious. The elites went out at 5:55am, the wheelchairs at about 6am and the rest of us shivered and chatted till 6:07:52. The route was mostly a big square inside the city itself and we started out running along "The Strip" complete with neon lights, fireworks and 70 or so Elvises (men and women in white and gold coloured jumpsuits, wigs, sunglasses and all in character). "Thank you, thank you very much! How are you doing baby?" The summer heat of the desert and heavy traffic along the Strip had produced some deep and hazardous ruts in the asphalt and this distracted me from the bright lights and the urge to rubber neck. I also had a miserable toothache that required a root canal as soon as I got home. About 8 kms into the race, 25 couples peeled away to get married at the "Run Through" chapel along the route. I had started to sweat by then and I tossed the long sleeve cotton shirt and gloves. I ran the rest of the race in shorts and a singlet and was only a bit chilly in the east to west part of the "box". It stayed a steady 54 degrees F and sunny for the most part. There was a drop of rain or two as well. The Half Marathoners split off at Frontier Street and I soon found myself admiring the beautiful, stark moon-like mountains that surround Las Vegas. Vegas is a very flat course with one irrelevant hill. You go up this hill on the way out and down on the way back . There was lots of entertainment with something almost every mile. I really enjoyed the Elvis character singing "Blue Hawaii" complete with three young female hula dancers, the chorus girls and the Japanese drum performers. I was still a bit tired from the Run To Remember, the month before, but the Sport Beans and Power Bars helped prevent bonking. The finish was back at the Mandalay Bay and I received a nice medal and space blanket. The mile markers were few and difficult to see and the uncontrolled food stations at the finish had been cleaned out by the earlier finishers and spectators so there was nothing for the later arrivals. The finisher shirts were pretty lame cotton with the rubberized decoration on the front. The race director advised, in the post race interview, that these growing pains would be remedied for the next race. On the plus side was the entertainment, the gospel quartet singing carols, numerous water and gatorade stations, porta-potties, first aid stations (one almost every mile), excellent traffic control by the local constabulary, great finisher medals, enthusiastic volunteers and on site finisher pictures with volunteer local showgirls complete with towering feather headresses. I didn't get this picture as the line up was too long, I was chilling up and my tooth hurt.

Some 16,000 entrants took part in the 2006 event, up from 10,000 the year before . Clearly, the new route is a winner, as is this race. This race has the potential to become a first rate international marathon. My wife and I saw Cirque Du Soleil, Blue Man Group and Tom Jones, too. Great shows! However, if one has no interest in gambling there really isn't a lot to do in Vegas save the shows, shopping at the outlet malls or going to dinner. A lot of it is just plain tacky and the chronic lineups for everything got really old. If you are looking for a PR marathon route and want get married at the same time this one is for you!



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## Your Recipe Goes Here!

Email me your favourite recipe and I will put it into the next newsletter!

## Sally Rowe Memorial Award

The Sally Rowe Memorial Award is given out annually to a runner who displays commitment, endeavour and persistence. The award is designed to recognise those athletes who persevere in order to overcome challenges and meet personal goals. The award honours those who may not necessarily be recognized by their place on the finishing podium. The recipient of the Sally Rowe Memorial Award (2006 Race Series) is Evert Bjorklund. Congratulations, Evert!

## Thank-You!

A huge thanks needs to be given to Bryan Tuson. The PGRR has been in need of a new computer for a number of years. After much talk and indecision on the part of the executive, Bryan heard about our need, took matters into his own hands and got things done quickly! He not only researched and found us a suitable computer but also purchased it himself and donated it to our club! We are looking forward to using the new machine for race results this spring! Thanks, Bryan!

## 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!