

## SECOND WIND

Official Communiqué of the Kelowna Running Club



Since the last communiqué in March spring finally decided to arrive and the running season got underway.

**KRC Executive:** A subcommittee of the KRC Executive met on April 1 to discuss the 2009 budget which was presented to and approved by the KRC Executive on April 8. Thanks to Richard for crunching the numbers and the preparation work he did. A critical piece in preparing the budget was to set individual event and race budgets. Thanks to the race directors for their work in this regard. Also finalized at the April 8 meeting was the race fee structure and Christmas party budget. A \$3 deduction in race fees will be given to KRC members who participate in KRC organized races. For details watch for the April 8 executive minutes to be posted shortly on the KRC website.

**Weekly Runs:** Thanks to Karen Maguire for doing an excellent job of setting the weekly Saturday runs, choosing the breakfast spots afterwards, and for communicating all of this to the members each week. If you have suggestions for a favorite run or breakfast spot please contact Karen at: [karenmaguire@shaw.ca](mailto:karenmaguire@shaw.ca).

The Thursday KRC run has changed locations to the East Kelowna Sports Fields at the corner of KLO and McCulloch Roads at 6:00 pm. 6.8K and 9.5K routes are available as well as several short cuts. Join us after the run at McCulloch Station Pub for dinner and some social conversation.

The Monday night speed work and Tuesday Trail runs are still pending as we still need someone to step forward to help with these two weekly runs.

Current weekly runs available to Kelowna runners include:

Sunday: 8:30 am – Running Room with coffee afterwards at Perks

Monday - Thursday Daily: 12:00 noon at the Doyle Ave. entrance to the Memorial Arena - 8K

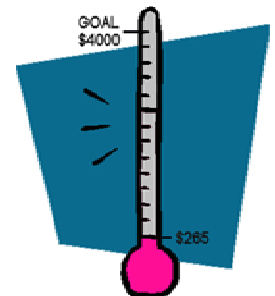
Wednesday: 6:00 pm – Fresh Air Experience – 9k  
Mission Creek Greenway Park

Thursday: 6:00 pm – Kelowna Sports Fields – 6.8K or 9.5K runs with dinner afterwards at the McCulloch Station Pub

Saturday: 7:30 am – Various locations – 11k or 16k with breakfast afterwards

**Annual Naramata Goats Run:** After a one year hiatus the Annual Naramata Goats Run is back thanks to Mike Whitaker (the original event organizer). Mike proposes that along with the Creekers he will organize an out-and-back run from the Okanagan Mountain Park trail head to Commando Bay. Full details are yet to be finalized, but there is the possibility of various start times depending on your abilities, water support at Cammando Bay and brunch at Bertram Creek Park following the run. There is also rumors of an event shirt to mark the 33<sup>rd</sup> running of the Goats. The proposed date is June 20. How many of you have run all 33 years?

**Social Events:** Mark May 22 on your calendar for the KRC "Dinner and a Movie Night". Reservations are available at Okanagan College's Infusions Dining Room starting at 5:30 by calling (250) 862-5455. Then join the rest of the group at the OC Theater for a movie. En-



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*Kelowna Running Club Executive*

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Treasurer & Membership  
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Bernice Lightfoot  
Member at Large  
Dan Crockett  
Website Management

Contact the KRC at:  
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Or visit us on the web at:  
www.kelownarunningclub.ca



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trance to the Theatre is by donation to the Race Clock fund.

A potluck BBQ is planned for July 11 at Randy and Carol's home. Stay tuned for further details.

Let us know if you have an idea for a social event or would like to host an event.

**Media:** Thanks to Ivan for sending race results to the local media. The Kelowna Daily Courier and the Capital News regularly publish the results and Castanet even displayed a race photo on their site which was linked to the KRC website.

**Online Membership Renewal:** Ivan is working on the details with Events Online, but we are getting a lot closer to having online membership renewal. This is our little contribution to going green and at the same time giving members an option when renewing their membership.

**Membership Drive:** Increasing membership is a top priority for the KRC executive. As a reward for encouraging others to join the KRC any member who recruits three new members in 2009 (a family membership counts as one new member) will receive a free 2010 KRC membership including the BCA training member fee. (Value \$35.50) Please write your name on the top of the membership application form to get credit for the new member. We'll also include a "Were you referred by a member?" box on the online form when available.

**Races:** The race season is well underway with the first four races of the IRA series completed. The first three races

had less than favorable weather and road conditions, but conditions at race #4 in Oliver were near perfect. Participation from KRC runners remains strong.

The next race in the series is the Blossom 10 Miler (Naramata to Penticton) on May 10. Details for this race and for past races result visit: <http://www.interiorrunning.ca/>

The Okanagan College – UBC-O Campus to Campus ½ Marathon on March 29 was a huge success with 276 runners completing the 21.1K course plus 40 relay teams. Race results can be found at: <http://www.okanagan.bc.ca/administration/publicaffairs/CampustoCampus.html>

Congratulation to those KRC members who completed the 113th Boston Marathon on April 20. Pat Gamble was the top Kelowna male finisher with a time of 3:11:17 and not to be outdone, Corrine Gable was the top Kelowna female finisher with a time of 3:34:00. She even beat Stockwell Day by 35 seconds. Race results can be found at: <http://www.bostonmarathon.org/>

KRC kicks off its first local race with the Scorched Sole Ultra on June 6. This local Ultra includes 25k, 50k and 50 mile routes. Dan Crockett and Shirley Ross are your race directors and challenge you to ... "choose your passion". For race details and to register visit: <http://www.scorchedsole.com/> If you can't race how about volunteering? I hear the after race food for runners and volunteers can't be beat.

**Next Executive Meeting:** May 7.  
Location to be determined.