

SECOND WIND

Official Communiqué of the Kelowna Running Club



Since the last communiqué in June a hot, dry summer is behind us and many running related events have taken place. 10 races have been completed in the Interior Road Running Series and the first race of the cross country series with details available at: <http://www.interiorrunning.ca/>. The next race in the road running series is the Bike Barn 10K in Penticton on September 13. Following that is the KRC's very own 26th Annual Peak to Beak race on September 20 (see details below and a complete list of Races on the Horizon).

Midsummer 8K

The 2009 Midsummer 8K is in the history books. Many don't realize the amount of organization and work that goes into making an event like this a success. Thanks to Richard Bugslag, Race Director and all of those that took part in the race or offered their assistance as volunteers, the race went off like clockwork. In addition to the work that went on prior to race day volunteers were out as early as 6:00 am setting up the race course to ensure a safe race for all participants. This year saw a newly certified race course receive rave reviews from many of the racers and several PBs were set on the 8K course.

Goats' Run to Naramata (or thereabouts)

What a day! Perfect sunny weather, nobody got lost, 10 runners made it all the way to Com-

mando Bay and back, 10 new runners to the KRC ran, and the food was great. What could be better? Thanks to Mike and Judy Whitaker (organization and shirt donation), Mark and Sharon Foster (organization and shirt donation), Ray and Betty Snitynsky (boat support), Bernice Lightfoot (organization and food), Karen Maguire (organization), Fresh Air Experience (shirt donation), and the many other volunteers that made this event happen. Maybe next year the park will be in better shape and we can go back to the original event through the park to Naramata.

KRC Socials

July 11 saw over 50 KRC members and friends converge on the home of Randy and Carol Werger for a Pot Luck BBQ. The margaritas were flowing and a most competi-



Owen Taylor—Fresh Air Experience and Tammy Craig cross the finish line at the Mid-Summer 8K

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Kelowna Running Club Executive

Randy Wergler

President

Dennis Boon

Past-President

Rory Switzer

Vice-President

Richard Bugslag

Treasurer & Membership

Ray Snitynsky

Secretary

Bernice Lightfoot

Member at Large

Dan Crockett

Website Management

*Contact the KRC at:**kelownarunningclub@gmail.com**Or visit us on the web at:**www.kelownarunningclub.ca**(Continued from page 1)*

tive Bocce tournament ensued which eventually was called due to darkness.

If you have an idea for a KRC social please contact one of the Executive so that we can get it into the schedule.

**In the News**

KRC's own Ultra Runner Janice Makarewicz was recently featured in the Wednesday, August 19 Capital News. To read the story and others featuring KRC members visit: <http://onair.silk.net/~krc/News/news.htm>

**Peak to Beak 18K**

A tough, challenging, but very diverse 18 km course, descends through Knox Mtn Park, winds through the downtown waterfront and traverses Kalamoir Park before ascending to Quail's Gate Winery. Starts at Knox Mountain summit at 9:00 a.m. precisely. Finish at Quails Gate Winery, 3303 Boucherie Road – time is your choice.

Water stations at finish and at approximately 6k, 8k and 13k. Washrooms at the base and summit of Knox Mountain, City Park and Quail's Gate. Refreshments, awards, and draw prizes following race. Parking at base of Knox Mountain and finish. Shuttle from base of Knox to Summit. Gear transport to finish.

This race is always a series favorite so hopefully you will join the other runners

in meeting the challenge. If for some reason you are not able to participate in the race please consider volunteering your time to help make the race a success.

Register now to get the early rate, online at: http://https://eventsonline.ca/events/krc_peaktopeak/ or by downloading an event form from our website at www.kelownarunningclub.ca.

If you don't plan on running the race how about giving us a hand by volunteering? Spots are still available. Contact Dave Greive at: dtgrieve@hotmail.com

For more race information visit the KRC website at www.kelownarunningclub.ca or by contacting Bernice Lightfoot, Race Director, at bernicelightfoot@shaw.ca or phone at (250) 717-6142.

Races on the Horizon

September 13 - Bike Barn 10K – Penticton*

September 20 - Peak to Beak 18K – Kelowna – www.kelownarunningclub.ca

September 27 – Reino Keski-Salmi Memorial 10K XC – Salmon Arm*

October 4 – Campbell Mountain Trail Run 6.5K XC – Penticton*

October 18 – Larry Nicholas Memorial Cross Country 9K XC – Kelowna*

October 11- BMO Okanagan International Marathon, ½ Marathon, 10K and 5K – Kelowna City Park - <http://www.events.runningroom.com/site/?racelid=4192>

October 11 - Royal Victoria Marathon, ½

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Marathon and 8K – Victoria, BC -

[http://
www.royalvictoriamarathon.com/](http://www.royalvictoriamarathon.com/)

October 25 – Summerland XC 8.4K*

November 1 – Kal Park XC – Vernon*

November 7 – Haney to Harrison Relay
and 100K Ultra – Fraser Valley, BC

<http://www.bcathletics.org/H2H/>

November 15 - Kelowna Running Club
Pub Relay –

www.kelownarunningclub.ca

November 22 - Penticton Trout Creek
Trestle Run

[*http://www.interiorrunning.ca/](http://www.interiorrunning.ca/)

Thursday Night Run Schedule

The September 3 Thursday Night Run has been moved from the Capital News Centre to Randy and Carol Werger's home at 993 Monashee Place. Following the run we will be joined by the Thursday Trail group and the KRC Creeker group for a BBQ – our treat.

For those who don't usually run with one of the Thursday group this is a good opportunity to give it a go. We run every Thursday night from a variety of locations year round. Everyone is welcome. Watch the website for various run locations.

Please RSVP not later than the morning of September 2 so that we have an idea of how many to plan for. BYOB if you prefer something other than pop or water.

Meet: 993 Monashee Place – Dilworth Mt. Time: 6:00 pm

Donations kindly accepted for the Race Clock Fund, but no obligation

The September 10 Thursday Night Run will be hosted by Fresh Air Concept. This

is a special event for KRC members and friends. Details to follow....

Meet: 555 Groves Ave. – Kelowna Time: 6:00 pm

Weekly Run Schedule

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 – Capital News Center – 10K approx on Greenway with dinner afterwards at Boomers Pub

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

KRC Annual Awards

The KRC with coordination by Mike Whitaker will undertake the revamping of the annual awards. Mike was chosen because of his many years of competitive racing, thorough knowledge of the sport, and for his longstanding relationship with and his commitment to the KRC. We all look forward to a refreshed, new awards program.

Trail Running

If you have ever wondered if trailing running is for you, wonder no more. Simply take the "You Might Be A Trail Runner If" questionnaire at : [http://
www.runthepanet.com/community/
humor/trailvsroad.asp](http://www.runthepanet.com/community/humor/trailvsroad.asp)

Next Executive Meeting: Wednesday, September 16: Rory Switzer's home

KRC Executive Meeting minutes are posted online at: [http://onair.silk.net/
~krc/Minutes/minutes.htm](http://onair.silk.net/~krc/Minutes/minutes.htm).

"Running is the greatest metaphor for life, because you get out of it what you put into it."

-Oprah Winfrey

"I don't think jogging is healthy, especially morning jogging. If morning joggers knew how tempting they looked to morning motorists, they would stay home and do sit-ups."

- Rita Rudner

