

SECOND WIND

Official Communiqué of the Kelowna Running Club



KRC Elects 2010 Board of Directors

This past Wednesday, February 10 at the Annual General Meeting of the Kelowna Running Club the following members were elected to the 2010 Board of Directors:

1. President: Randy Werger
2. Vice-President: Rory Switzer
3. Treasurer: Ken Baxter
4. Registrar: Richard Bugslag
5. Secretary: Ray Snitynsky
6. Director: Christie Lovig
7. Director: John Wickenheiser
8. Director: Whitney Steber

President Randy Werger talked about the successes of the KRC over the past year. Most notably was the success of four local races, the rekindled Naramata Goats' Run, the implementation of a consistent voice and presence with the members through email, the website, and communiqués, establishing regular social activities apart from racing, establishing a sustainable budget process to ensure accountability to the members, producing club wear for members, and by creating a race clock fund raising effort.

He also spoke about the importance and need for volunteers to participate at all levels including the Board of Directors, at local races and weekly events. He thanked those that had made the KRC a success through their dedication and ongoing support and encourage all to lend a hand where and when possible.

Treasurer Richard Bugslag reviewed the year end finances which showed a net gain for the year of \$4972, \$1672 held in trust for the race clock (about ½ of the cost of a clock), and inventory of \$3207 (includes club shirts).

To start the evening off guest speakers Malindi Elmor and Graham Hood gave an inspirational talk which included 10 tips to improve your running.

Malindi holds the Canadian title in the 1500m and last year at the Oasis Zoo Run in Toronto won the national 10K road race champion in a time of 33:41. She completed at the 2004 Olympic Games and the 2006 Commonwealth Games and is featured in the January/February 2010 Canadian Running magazine.



Graham Hood represented Canada at two consecutive Summer Olympics, starting in 1992. He won the gold medal in the men's 1.500 metres at the 1999 Pan American Games in his native Winnipeg and is best known for his sub 4:00 miles.

The next social event for the KRC is the Academy Awards Party at the Snitynsky Residence March 6.

A reminder to those who have not yet renewed your KRC membership for 2010 and for anyone that would like to join the KRC, membership forms can be found

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on the KRC website at:
www.kelownarunningclub.ca or you
 can renew/join online at: [http://
 www.eventsonline.ca/events/
 krc_club/](http://www.eventsonline.ca/events/krc_club/)

Starting Block 10K – Lavington

234 runners completed the annual Starting Block 10K in Lavington on Sunday, February 7, 2010. Jeff Symonds of Penticton returned to capture his third consecutive win in this season opener of the 2010 Interior Running Association Road Race series in a time of 32:11. Aaron Heidt of Vernon finished second a mere 15 seconds behind Symonds in a time of 32:26. Wrapping up the top three was running legend Mark Bomba of Vancouver in a time of 33:55.

The top Kelowna runner was Glenn Lear who finished fifth overall and second to Aaron Hedit in the Men's 30-34 age category.

Sarah Clark of Vernon in the Female 40-44 age category was the first female runner to complete the 10K race in a time of 39:50. Cindy Rhodes of Kelowna in the Female 50-54 rounded out the top three female finishers in a time of 41:33.

Other Kelowna runners finishing first in their age categories included:

Dan Crockett, M60-64—44:23
 Laurelee Welder, F55-59—45:06
 Caroline Raine, F45-49—45:22
 Jennifer Koga, F35-39—45:29
 Diane Leonard, F65-69—51:35

Peter O'Brein, M70-74—52:04

The next race in the Interior Running Association series is The Lakeside 5K in Penticton, March 7, 2010. Further information on the Interior Running Association and full race results can be found on the web at: [http://
 www.interiorrunning.ca](http://www.interiorrunning.ca).

Campus to Campus 1/2 Marathon and 10K

Registration is now open for the first major Okanagan road race of the new decade – the Campus-to-Campus **Half Marathon, 10 km and Relay Race**, all of which will take place on Sunday, March 28 in Kelowna. The race, now in its eighth year, will offer runners new opportunities including an out-and-back course beginning at the KLO Road campus of Okanagan College and a 10K option.

Further details can be found of the website at: [http://
 www.okanagan.bc.ca/CM/WebUI/
 PageTypes/GeneralContent/
 GeneralContent.aspx?PageID=12328](http://www.okanagan.bc.ca/CM/WebUI/PageTypes/GeneralContent/GeneralContent.aspx?PageID=12328)

You can register online at: [http://
 www.eventsonline.ca/events/
 campus_to_campus/](http://www.eventsonline.ca/events/campus_to_campus/)

The first Early Bird cutoff is February 28.

*"It's easier to go down a hill
 than up it but the view is
 much better at the top. "*

- Henry Ward Beecher

*"Challenges are what make
 life interesting; overcoming
 them is what makes life
 meaningful ."*

- Joshua J. Marine

