

SECOND WIND

Official Communiqué of the Kelowna Running Club



Since the last KRC communiqué in April the summer has arrived and the race season is fully underway. 7 races have been completed in the Interior Road Running Series with details available at: <http://www.interiorrunning.ca/>

Local runners competed in the:

Vancouver ½ and full marathon <http://www.bmovanmarathon.ca/>,

Calgary ½ and full marathon <http://www.hsbccalgarymarathon.com/>

Persona Oliver 1/2 Iron Triathlon <http://www.outbackevents.ca/Oliver%20Half%20Web%20Site/index.htm>.

KRC launched an online membership application and renewal form at: http://www.eventsonline.ca/events/krc_club/. This is our little contribution to going green while given members an option when renewing their membership.

The Saturday runs continue to be well attended.

Karen does a great job at organizing the weekly runs and breakfast locations. If you have a favorite run or breakfast spot or would like to host a run from your home you can contact Karen at: karenmaquire@shaw.ca

On May 22 a group of runners enjoyed the talents of the Okanagan College Culinary Arts students at Infusions Dining Room and then the movie "Run Fat Boy Run" at the thea-

tre. Entrance to the movie was by donation to the race clock fund which currently stands at \$529.

Scorched Sole Ultra

Congratulations to Dan Crockett, Shirlee Ross, Tammy Craig and crew for a very successful Scorched Sole Ultra. A record 131 runners registered for the event, 121 started and 119 finished. There were a large number of out-of-town participants (12 from Calgary) as well as an under 20 female runner who completed the 50K race in 5:31:33 for 16th place OA. One runner enjoyed the course so much he apparently turned his 25K run into 50K.

Local top finishers included:

25K: Glenn Lear, Rory Switzer, Glen Mchatten, Sandy Magee,

50K: Tom Carlson, John Wickenheiser, Lorraine Lees,

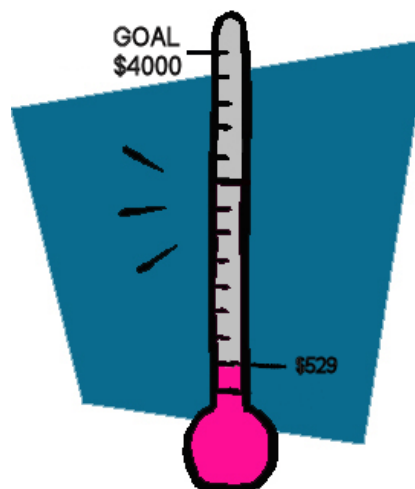
50M: No local runners. Bruce Grant from Delta finished first in 7:37:52

Full race results are available at the Scorch Sole website at: <http://www.scorchedsole.com/>

Photos available at Dirk's photo page:

http://www.geocities.com/okanagancustomsheds/dirks_page

Shirlee Ross was featured on a SHAWTV special featuring the Scorched Sole Ultra and the KRC.



Kelowna Running Club Executive

Randy Werger
President
Dennis Boon
Past-President
Rory Switzer
Vice-President
Richard Bugslag
Treasurer & Membership
Ray Snitynsky
Secretary
Ivan McKnight
Media and Communications
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



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Up Coming Events:

Dates to mark on your calendar:

June 14 – Women's 5K Walk/Run and 10K Run.

Women of all ages and skill levels run together through the orchards of East Kelowna in an effort to raise awareness and funds for an amazing organization - New Opportunities for Women (NOW). Visit the Fresh Air Experience website for details and to register at: <http://www.freshair.bc.ca/womens-run.html>



John Wickenheiser completes the 50K Scorched Sole Ultra

June 20 – Goats' Run to Naramata (or thereabouts). Due to adverse trail conditions, this year's run is an out-and-back from the Okanagan Mountain Park trailhead at the end of Lakeshore Drive, to Camando Bay. If you are not up to the distance of about 32K the out-and-back allows you to choose your own distance. Get a group

of three or more together to leave at either 6:30 am or 7:30 am depending on how far you want to go.

Event shirts are available for the first 60 KRC members upon receipt of a completed and signed entry form. Priority is given to KRC members, however any remaining event shirts will be given to non-members in order of receipt of event form.

Entries are coming in and the shirts will soon be gone. Register today by given a completed entry form to any KRC Executive member. Entry forms are available from any Executive members or on the KRC website at:

www.kelownarunningclub.ca.

For further details contact Bernice Lightfoot at 250-717-6142 or by email to: bernicelightfoot@shaw.ca

July 5 – Midsummer 8K. This is race # 9 of the Interior Road Race Series and race #11 of the Timex Road Running Series, and includes a wheelchair division. This flat, fast, and soon to be certified course will provide for personal best times.

The race starts at 8:00 am sharp from the Mission Sports Fields on Lexington Drive, next to the Capital News Centre on Gordon Drive in Kelowna. Aid stations are available at start/finish and at km 2 and 6.

Refreshments, awards and draw prizes following the race.

Race registration is available online at: <http://www.eventsonline.ca/events/midsum8k/> For further details visit the KRC website at:

www.kelownarunningclub.ca or contact the Race Director Richard Bugslag

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at: 250-448-8167 or by email to: papabugs@shaw.ca

July 11 at 6:00 pm - Pot Luck BBQ.

Bring along what you want to BBQ, a salad or appetizer, your own beverage, lawn chairs and join the rest of the crew at the home of Randy and Carol Werger (993 Monashee Place in Kelowna). A Bocce tournament and other lawn games will be available for those so inclined (not that there is anyone competitive in our group).

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

Note: Now that the heat is upon us the Thursday 6:00 pm 10K Social Run has been moved to the Capital News Centre and the Greenway: dinner at Boomers Pub following the run.

Next Executive Meeting: July 15, 2009 at Bernice Lightfoot's home.

"Only those who will risk going too far can possibly find out how far one can go."

-T. S. Eliot:

"If you start to feel good during an ultra, don't worry, you will get over it."

- Gene Thibeault



KRC's Rory Switzer heads to the finish line of the Blossom 10 Miler for a 1st overall finish.