



SECOND WIND

Official Newsletter of the Kelowna Running Club

November 2010

Club Executive

President: Randy Werger
Vice-Pres. Rory Switzer
Secretary: Ray Snitinsky
Treasurer: Richard Bugslag
Registrar: Ken Baxter
Director: Christie Lovig
Director: John Wickensheiser
Director: Whitney Steber

The hot days of summer are only a memory. Now the racing season is coming to an end and we can relax by only running 14 K instead of 16K.

It has been a great year for the running community and for our club. There have been many races in the Okanagan over the past few months. Of these, KRC organized the Mid Summer 8k, Peak to Beak, Larry Nicholas Cross Country Run and Pub Relay. A huge **Thank You** to all who volunteered their time to make these events a success.

As well, each of the KRC weekly runs and social events are organized by dedicated club members. These would not happen without you, the individual, who gives a little to help make big things happen.

CHRISTMAS PARTY

November 27

*tickets can be purchased from
any director.*

Current club membership is 130. This is higher than at this time last year. **You can register now for 2011 membership at http://www.eventsonline.ca/events/krc_club/**

We also have 141 members on Facebook.

It sounds like a real winter is on the way. Enjoy making footprints in the snow!



Larry Nicholas Memorial X -Country Run – October 17, 2010

Email: kelownarunningclub@gmail.com



WebSite: www.kelownarunningclub.ca

KELOWNA RUNNING CLUB



Midsummer 8k July 11, 2010



Hot run – and record breaking!

Langley BC's Steve Osaduik (M 30-34) lead the field of 203 runners to a new course record at the Kelowna Running Club's Midsummer 8K road race in a time of 24:57. Trevor Jordan (M 40-44) from Vernon claimed second spot in a time of 27:45 while Kelowna's Trevor Haaheim (M 35-39) took third spot in a time of 28:09.

The top female finisher was Rachael Ruus (F 35-39) from Richmond with a time of 30:01 with Gina (F 20-29) Tessmann from Winnipeg finishing in 31:30 and former Kelowna runner Shannon Thompson (F 20-29) now from Surrey taking third spot in 31:46.

Four of the 87 Kelowna runners who took part in the race placed in the top 10 spots with Trevor Haaheim being the top Kelowna runner in third place.

Other Kelowna runners finishing in the top three in their respective age categories include:

Overall	In Cat	Name	Age Cat	Time
3	1	TREVOR HAAHEIM	M 35-39	0:28:09
5	1	GERRAD LEWINM	M 20-29	0:29:11
6	2	GLENN LEAR	M 30-34	0:29:21
10	2	MIKE SCHMIDT	M 35-39	0:30:43
12	3	JAMES YOUNG	M 35-39	0:30:59
15	3	RUSTY MAY	M 30-34	0:31:24
21	1	BRIAN ROURKE	M 60-64	0:32:52
30	2	CHRIS CHARBONNEAU	M 55-59	0:34:58
31	3	ROLY MULLER	M 55-59	0:35:17
36	2	CLAIRE YOUNG	F 35-39	0:36:32
40	3	DALBIR BAINS	M 50-54	0:37:17
46	3	TEDDY BOYKO	M 60-64	0:37:45
51	1	PAMELA GLENDINNING	F 45-49	0:38:28
52	2	JOANNE UPTON	F 40-44	0:38:40
69	1	DIANE MILNER	F 50-54	0:40:47
73	1	SHAWN BAENZIGER	M 65-69	0:41:21
74	1	DIANE LEONARD	F 65-69	0:41:27
79	2	PETER POLLHAMMER	M 65-69	0:42:06
85	3	BILL STEPHENS	M65-69	0:42:26
88	1	CHELSEA YUILL	F16-19	0:42:31
95	3	GWEN MEADS	F 55-59	0:43:30
124	2	MIN RAYSON	F 65-69	0:46:14

KELOWNA RUNNING CLUB



Fat Dog 100K - July 23, 2010

"About 10,200 feet of elevation gain and 9520 loss. Well rewarded for climbs with top of the ridge vistas. Demanding finish. All racers must be prepared for a challenging route. Starts and finishes in E.C. Manning Provincial Park."

Place	Time	Name	Gender	Age	City	Age
1	19:40:07	Crockett Dan	M	63	Kelowna	60-69
2	19:51:32	Wiens Tim	M	50	Vancouver	50-59
3	21:00:32	Ray Derek	M	39	Vancouver	30-39
4	23:15:30	Solman Jay	M	40	Coquitlam	40-49
5	23:23:10	Bremner Marc	M	51	Coquitlam	50-59

Congratulations to **Dan Crockett** who won the 100K Fat Dog Trail Race! The following is a comment from the race web site.

"Wow, what a fantastic race. The course was absolutely stunning. The high alpine meadows, flowers, and views were mind blowing. I am sure you are going to hear some whining about distances but for me the trails and fantastic volunteers and well stocked aid stations (the Watermelon at Calcite, the bacon at Bonnevier and the Cheesecake at Cascade were the highlights) made up for any perceived extra distances some runners were complaining about. You truly have created a monster of an event that will challenge even the most hard core ultra runners."

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A-Musing Al - Al Gillespie

I have been using the ten and one training program. Thinking about running for ten minutes and then actually doing it for one minute is very effective. After an hour I feel that I've had a very balanced workout.

Sometimes on Saturdays I run with the more mature group. Those would be the ones who like to colour their hair gray and reminisce about the "good old days". We may not be fast, but we have learned how to pace ourselves. We know that if you choose the wrong moment to surge to the front, the results could be disastrous. So we sit back and wait for just the right moment (usually that's in the breakfast lineup after the run). In the meantime, the conversation is very enlightening. I can't mention the details here because my time is almost up. And we are a very punctual bunch. After all, you don't want to be late.

I hope the winter weather does not interrupt your running too much. Remember, no matter how bad it gets, it's probably worse in Winnipeg!

I choose not to run.

Words of a famous politician.

If you are going to take up cross-country skiing, it helps to start with a small country.

I like long walks, especially when they are taken by people who annoy me.

A runner asks his wife: "What do you love most about me? My tremendous athletic ability or my superior intellect?" "What I love most about you," responded the man's wife, "is your enormous sense of humor."

KELOWNA RUNNING CLUB



Farmhill Mile - August 18, 2010

For every mile you jog, you add one minute to your life. This enables you, at the age of 85, to spend an additional five months in a nursing home at \$5,000/month.



On this warm summer evening, Brian and Cindy Rhodes hosted the first annual Farmhill Mile on their property in Black Mountain.

The well-groomed 400 meter track surrounds an alfalfa field and contains a slight incline (i.e. hill). Perhaps this is where they got the name for the race!

Connor Clerk and Bernice Lightfoot led their respective races from start to finish. They were cheered on by a very supportive crowd.

The BBQ and awards ceremony capped off a great evening. Wonderful weather, a chance to run or watch, great food and drink; what more could you ask for! We should mention that money was awarded to participants. Yes, real money!

You will want to make plans to attend the second annual event in 2011.

Thank you to Brian and Cindy for their hospitality.



KELOWNA RUNNING CLUB



Peak to Beak 18K- September 19, 2010

Rain can make for interesting situations. On this day, muddy conditions on the latter stages of the course necessitated a last minute change to the route. But Ken Baxter and company were up to the challenge (as well as being up at a very early hour) and the race did go on.



Weather conditions during the race were quite good as runners made their way from Knox Mountain to Quail's Gate Winery in West Kelowna. This race has it all; flat, hills, a bridge, trails and lots of good food at the finish line.

A last minute call for volunteers resulted in a great turnout of helpers. Thanks to all who gave some of their time.

Overall	Cat	Name	City	Age Cat	Time
1	1	TREVOR HAAHEIM	KELOWNA	M 35-39	0:59:40
2	1	SERGIO PIO	PENTICTON	M 45-49	1:02:27
3	1	SKEETS MOREL	VERNON	M 20-29	1:03:52
4	1	KEDDI-ANNE SHERBINO	KELOWNA	F 20-29	1:04:10
5	1	TREVOR JORDAN	VERNON	M 40-44	1:04:45
6	2	ANDREW ELLIS	"SNOHOMISH, WASH"	M 40-44	1:07:09
7	1	RUSTY MAY	KELOWNA	M 30-34	1:08:16
8	3	BRIAN ROSTEK	KAMLOOPS	M 40-44	1:09:28
9	1	MATTHEW HIDASI	VERNON	M 16-19	1:10:18
10	2	BRENT DETTA	BELLINGHAM	M 35-39	1:11:19
11	3	BRETT HENDERSON	KELOWNA	M 35-39	1:11:46
12	2	BRAD TUCKER	KELOWNA	M 30-34	1:12:31
13	4	BEN FECHT	KELOWNA	M 40-44	1:12:46
14	2	THOMAS D'OVIDIO	KELOWNA	M 20-29	1:12:59
15	5	BRENT PROKOP	KELOWNA	M 40-44	1:13:27
16	4	DARRYL LOEWEN	WEST KELOWNA	M 35-39	1:13:38
17	3	HJALMAR KRISTIANSER	KELOWNA	M 20-29	1:14:26
18	2	MARY EDGAR	VERNON	F 20-29	1:14:44
19	4	CAILAN LIBBY	KELOWNA	M 20-29	1:15:13
20	2	DAN KUNZELMAN	COLDSTREAM	M 45-49	1:15:18

KELOWNA RUNNING CLUB



Lauralee Welder - Ford Ironman World Championship—Kona, Hawaii—October 9, 2010



KRC's very own Lauralee Welder had quite a year. At Ironman Canada in Penticton at the end of August she won her age category. Oh, by the way, she also set a record for that age category. This qualified her for the Ford Ironman World Championship. Unfortunately she had to travel to Kona, Hawaii for this event, but athletes of her caliber are used to making sacrifices. She has provided some comments on her experience at Kona.

"I had to sign up right away (after Ironman Canada - IMC) for Kona if I wanted a spot. There were only 6 weeks to recover and get ready for Worlds! I did 2 road races to keep me tuned up: a 10 km in Penticton 2 weeks after IMC and then the Peak to Peak 2 weeks after that. I rested well and did a few short rides and kept up the swimming in the lake. I felt good and was not injured at all, so started tapering again at 2 weeks before Kona.

Don and I left for Kona one week before the race so I could get acclimatized. When we got to Kona, we turned the air conditioning off in our room for the entire week pre-race. It was extremely hot and humid the first few days, but it didn't take long to get used to it and I think it paid off for the race [*editor's note: it sounds like Don made significant sacrifices as well!*].

I swam lots in Digne Bay, which is the start of the swim section Worlds race, and did short rides (20 km) along the Queen K highway and short 5 km runs in town just to get used to the heat. The excitement during race week was amazing! There were so many athletes from around the world. It was great to see them all hanging around at Digne beach, practising their swim. I think one of the highlights was just meeting and talking to other athletes, and hearing their stories. There is always the 'coffee bar' that you swim to just off the buoy line, and usually there is someone 'famous', like Luke Bell, serving up shots of espresso. You just swim out to the coffee boat, have a shot, hang out and then continue on with your swim. Once in a while the dolphins would follow one of the parasail boats in and hang out in the bay with the swimmers. That was cool! There was usually a sea turtle or 2 swimming near the beach as well.

Both Don and I looked forward to the morning swims at Digne beach. There were some other fellow Kelownians there for the week; Biggi and Graham, Mark and Dale,

KELOWNA RUNNING CLUB



Lauralee Welder (continued)

and Pat and Corrine, and we met up with them quite often for dinners and swims. The group knew of a bay where we could swim with the dolphins, so we headed out there one morning to do just that. There must have been 20 spinner dolphins that day. It was quite something to see them speed past us below in perfect formation, and then jump and spin in the air only feet away!

The Ironman expo was a good place to see all the latest and greatest gear, and hear all the pros commenting on race strategies and predictions. K-Swiss had a panel of 10-12 sponsored athletes who would answer any questions from the audience, so there were lots of first-timers getting advice from the pros!

During the week leading up to the race, I kept my training to a minimum, but did a bit each day and felt very rested and ready. On race morning, I felt strangely calm and yet excited to 'get the job done'. My swim went better than expected, and I managed to avoid any elbows or kicks to the head, or bodies swimming over me. That's always a bonus when you come through the swim unscathed!

I started on the bike and felt strong for the first third of the course, and then had to deal with a head wind for the 40 km into Hawi. That slowed me down quite a bit, but the tailwind portion back was sweet! Coming back into Kona, the crowds were amazing and cheered everyone on into transition.

And then the run..... What can I say? It was HOT! I felt like I was going so slowly, but the heat and humidity were just draining. Thank goodness for Pat's distractions along the way, and Corrine's awesome signs!!! They were the best. Don was trying to tell me where I was in my age group, and I started working on trying to catch some of the women ahead of me. I finally got into a good pace, and began to cool down, taking lots of water and also pouring it over me every chance I could get. Did I say it was HOT??? After the halfway point, I started to pick up the pace, and finished strong for my fastest time in Kona yet. (this was my third time there). My time was 11:40, good for 4th place in my age category, and a podium finish (they take top 5).

So all in all it was a good day. And yes, I would do it all again (and hope to in 2011!)"

KELOWNA RUNNING CLUB



GoodLife Fitness Victoria Marathon October 10, 2010

Marathon Results - Kelowna Runners

Name	Gun	Chip	Group	OA	Div
Rory Switzer	2:57:11	2:57:10	M4549	59	9
Rusty May	3:08:45	3:08:22	M3034	111	16
Cindy Rhodes	3:11:46	3:11:35	F5054	138	1
Ken Pommier	3:12:33	3:11:24	M4549	147	23
Christy Lovig	3:16:01	3:15:52	F3034	171	6
Randy Werger	3:18:40	3:18:29	M5054	208	15
John Wickenheiser	3:21:54	3:21:28	M5559	246	5
Christina Busetto	3:38:16	3:37:12	F2529	511	26
Dan Crockett	3:42:00	3:41:49	M6064	578	7
Peter Rudd	3:44:03	3:43:34	M4549	625	81
Keely Switzer	3:44:48	3:43:44	F2529	643	40
Jeffery Berrie	3:55:41	3:55:15	M5054	924	91
Costa Gavaris	3:58:02	3:56:42	M2529	1009	65



Randy Werger

Half Marathon Results - Kelowna Runners

Name	Gun	Chip	Group	OA	Div
Stephen Ganton	1:36:00	1:35:25	M4044	300	37
Benjamin De Jong	1:47:55	1:47:04	M2529	842	91
Jeff Dekergommeaux	1:52:34	1:47:04	M4549	1205	116
Chelsea Davy	1:54:47	1:54:29	F2529	1403	95
Michelle Sinclair	1:57:15	1:55:33	F3539	1657	111



Michelle Sinclair

KELOWNA RUNNING CLUB



Our Boston Experience - Corrine Gable

This race was a thrill of a lifetime, for sure. Pat and I were fortunate to do the Boston Marathon this past April. Being there with a great group of friends made the experience all the more memorable.

Boston puts on a first class event. The city embraces the event, and makes your experience a fabulous one. The race draws plenty of spectators over the 42.2 km. At times I thought every person in Boston must be out cheering us on. You are a hero in many of the locals' eyes, and they don't hesitate to let you know, "Congratulations, your amazing" they shout. You can't help but feel their support. At times they even want to stop you to shake your hand as though it's an honour to meet you. WOW! You see posters, banners, paintings everywhere.

The cheering at Wellesley College was deafening. It's a girls' college and you can hear their screams and feel the energy a mile away. Girls, this is one spot where we can run ahead of a few guys (if you've done this marathon you will know what I mean).

I can't forget to acknowledge the volunteers that make this event happen. They are out there in the thousands making their every effort for you to get to that finish line. And when you do finish, they are as excited as you that you fulfilled a dream.

The Boston Marathon draws people from all over the world. We had casual talk with many of them. Having competed in this race was definitely one of the highlights of my life. I'm sure anyone else who has done it would say the same.

Now, add this marathon to your bucket list. Believe me you won't be disappointed.



KELOWNA RUNNING CLUB



100K IAU World Championship - International Association of Ultrarunners - Gibraltar - November 7, 2010

Mel Bos was recently on the Canadian team at this prestigious world championship event. The article below was written before she left for the race. We congratulate her on being the 27th woman across the finish line in a time of 8:41:19! Results of the Canadian team are not known at this time.



This all started with H2H (Haney to Harrison Relay/100K Ultra) November 2009. It was my first attempt at 100k on the road and I placed 3rd. In August this year I was contacted by e-mail stating that I had been selected for the Canadian ultra team to compete in Gibraltar 2010. I had to decide and make travel plans in 5 days!

It was all very exciting news for me and Kevin. I haven't been to Europe and to be part of a Canadian Team ...! We used all our points for flights and were able to take our two older kids. My accommodation is covered in GB. The race, November 7 is a 7 lap course of 100k on the road. It is the world championship for that distance.

The Canadian Team is made up of 6 women and 6 men. BC has a strong group of ultra runners and I know almost 1/2 the team. The team gets points by adding the 3 fastest times together. I am hoping to improve on my time from H2H (the weather has to be better!).

I'm thrilled to be going along. I've been following a marathon training plan with longer back to back weekend runs and mixing in trails to reduce some impact. I am going to run Frosty 50k (Sept 18) and then the women's marathon in San Fran (Oct. 17) to help get ready.

I will keep the KRC posted and definitely let everyone know how it goes. It's great to have so much local support.

Mel

KELOWNA RUNNING CLUB



KRC's Untamed World - Ken Baxter



'That dog was so fast he must be a member of the Kelowna Running Club.'

This spring I was on an early morning Sunday spring run with Cindy Rhodes and one of KRC's most notable 4 legged runners, "Gunner". We were enjoying this fine spring run when Gunner caught a whiff of a little critter in the bush which ended up being a fat groundhog who was simply out sunbathing himself. Fortunately for the groundhog, he escaped back into his hole. Unfortunately for us KRC members, we ended up with six more weeks of lousy spring weather !!!!!!!!!!! Could this have been Kelowna's version of Wiarton Whilly?



"Are we ever going to surprise Danita this time!"

One of our club's notable runners, Danita Schreiber, was running by the lake one pleasant day and behold up in the sky was this large shadowy image. Danita, squinting to see what it was, realized it was one of BC's finest eagles. Little did she know that eagle was carrying a fish. Now what are the odds of that fish falling from the sky and landing right on Danita - bigger than a lottery you say. Well Danita won and it landed square on her and splattered on the ground. (True story !!). Danita and Curtis enjoyed a wonderful seafood gourmet dinner that evening)

KELOWNA RUNNING CLUB



Pub Relay - November 14, 2010



The last race of the year is traditionally the Pub Relay. It's just a bit different, as these pictures suggest. Apparently there were a number of "refreshment stations" along the way to help runners deal with the rigors of racing on a mid-November morning.

A total of 20 teams participated with some even coming from Penticton!

Thank you to Michaelbrook Ranch Golf Course for hosting and to all volunteers for supporting this colourful event.



KELOWNA RUNNING CLUB



Coming Events

KRC Christmas Party and Awards

Place: **Sandman Hotel**

Date: **Saturday, November 27, 2010**

Reception with the cash bar **6:00 pm**

Dinner **7:00 pm**,

Awards and dance to follow.

Price: **\$30 for KRC members, \$40 for non-members.**

Tickets are available from KRC Directors until November 24.

Music is provided by the Re Mix Show Industries.

DJ has thousands of songs and welcomes requests.

If you are not a KRC member you can join online at:

http://www.eventsonline.ca/events/krc_club/

Dinner Menu

Roasted Turkey Breast -With Cranberry Stuffing

Roasted Baron of Beef - With Yorkshire pudding

Variety of Salads

Vegetarian Pasta Selection

Assorted Dessert Squares

Fresh Fruit Platter

Coffee and Tea Service

Cash bar \$4.75 - \$5.75/drink



**Tickets are available from KRC Directors until
November 24**

See KRC web site for info on Award Nominations!