

## SECOND WIND

Official Communiqué of the Kelowna Running Club



### UPCOMING KRC EVENTS

#### November 14

Interior Running Association Annual General Meeting  
Elks Hall, 3103 30<sup>th</sup> Street, Vernon – 12:00 Noon

Interior Running Association Awards Banquet and Dance  
3103 30<sup>th</sup> Street, Vernon – Cocktails 5:30, Dinner 6:00  
Tickets \$25 available at: Kal Park Cross Country run on November 1<sup>st</sup> or mail cheque to: Kim Young 11704 Primrose Drive, Coldstream, B.C. V1B 2E9. Email: coach\_5@telus.net

#### November 15

Kelowna Running Club Pub Relay  
11:15 - Duffer's Pub, 1959 KLO Road. Kelowna  
Limit of 20 teams – 6 runners per team  
\$33 per person/\$198 per team – includes meal, drink ticket, and prizes  
Visit the KRC website for entry form

#### December 12

Kelowna Running Club Christmas Party, Dance and Awards  
Sandman Hotel, 2130 Harvey Ave, Kelowna  
Cash Bar 6:00, Dinner 7:00, Awards and dance will follow  
Tickets \$30 for KRC members, \$40 for non-members – available from KRC Executive  
Renew your membership or become a KRC member for special pricing. See below.  
*See attached*

Kelowna Running Club Annual Awards  
Nomination deadline December 4, 2009  
*See attached*

#### December 31

Deadline for renewal of KRC membership.  
Renew online now at: [http://www.eventsonline.ca/events/krc\\_club/](http://www.eventsonline.ca/events/krc_club/) or by downloading a renewal form from the KRC website and giving to KRC Executive. New memberships and renewals good through 2010.

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## February 9, 2010

Kelowna Running Club Annual General Meeting

Location to be announced

Special guest speaker to be announced (rumored former Olympian and Pan Am Games Gold medalist)

Stay tuned for further details.

## 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

**Thursday:** 6:00 pm – Sails Fountain at City Park – 10K approx on Abbott Corridor with dinner afterwards at Doc Willoughby's

**Saturday:** 7:30 am – Various locations – 11k or 16k with breakfast afterwards – KRC website for details

## KELOWNA RUNNING CLUB EXECUTIVE

Randy Werger, President

Email: [rwerger@shaw.ca](mailto:rwerger@shaw.ca)

Dennis Boon, Past-President

Email: [dennis.boon@porterramsay.com](mailto:dennis.boon@porterramsay.com)

Rory Switzer, Vice-President

Email: [roryswitzer@shaw.ca](mailto:roryswitzer@shaw.ca)

Richard Bugslag, Treasurer & Membership

Email: [papabugs@shaw.ca](mailto:papabugs@shaw.ca)

Ray Snitynsky, Secretary

Email: [rsnitynsky@telus.net](mailto:rsnitynsky@telus.net)

Bernice Lightfoot, Member at Large

Email: [bernicelightfoot@shaw.ca](mailto:bernicelightfoot@shaw.ca)

Dan Crockett, Website Management

Email: [mdancrockett@shaw.ca](mailto:mdancrockett@shaw.ca)

KRC Email: [kelownarunningclub@gmail.com](mailto:kelownarunningclub@gmail.com)

Website: [www.kelownarunningclub.ca](http://www.kelownarunningclub.ca)

*"Many of life's failures are people who did not realize how close they were to success when they gave up."*

*"A race is a work of art that people can look at and be affected in as many ways they're capable of understanding."*

