



# Wapiti Striders Newsletter

April 2002

We hope you enjoyed your February Newsletter and that you will find something of interest to you in this edition. If you haven't renewed for 2002, please do so. Your membership also entitles you to a \$2 reduction in the cost of entry to the Brian Harms and Press Runs. Entry forms to both are included in this mailing.

At the Annual general meeting the executives to the Wapiti Striders Road Racing Club and the Newly created Track Club were selected.

Your Road club executives are:

President - Leonard Scharbach  
Vice President - Bill Corcoran  
Secretary - Rhonda Howard  
Treasurer - Harvey Biehn  
Newsletter - Rick Scott  
Race Director - Andy Beal  
Statistician - Duncan Banks

The Track Club executives are:

President - Leonard Scharbach  
Vice President - Bill Corcoran  
Secretary - Laurie Remple  
Treasurer - Heather Webster  
Officials' coordinator - Rick Scott  
Fundraising - Cliff Turner

Submissions welcome:

E-mail Rick Scott  
[RKScott@telusplanet.net](mailto:RKScott@telusplanet.net)  
Ph 532-2764

## Early Season Results

The Fort St. John 10 Km "Spring Run Off" took place on Sunday April 7. There wasn't much flowing water on this day; the first 3km was run on residential streets covered with loose snow. Bill Corcoran won the event in a time of 38:16. Members of the Wapiti Striders also took the next three spots. Ryan Hicks (38:44), Jeremy Stojan (40:16) and Jenna Huber (40:46). Marlene Corcoran was the second place woman with a time of 42:16. Other finishers who traveled from Grande Prairie were Rick Scott (50:33), Roland Espisito (54:44), Fritz Griffith (54:54) and Alicia O'Quinn (55:53)

## Track Club Update

The track club will be running a six-week track and field program for kids starting May 6. A description is included in this mail out; please pass it on to anyone you know who may be interested. Coaches include Bill Corcoran, Rick Scott, Doug Harper (level 2 NCCP throws), Gary Stone, Laurie Remple, Amy Caissie (2001 Francophone Games team member), Terry Smith, and Daren Foley.

The club will host two meets: The Hershey Meet on May 25 and the Zone 8 Alberta Summer Games trials for athletes age 12-17 on June 15<sup>th</sup>. Let Bill Corcoran know if you can help out.

## **A brief Chat with...**

### **Joe Radench**

Joe Radench is a successful local triathlete and a member of the Striders. Here are some comments from him about some of his experiences with Triathlons.

*On getting started in Triathlon and on his favourite leg of the event.*

I dabbled a bit in X-C running during high school but just swam (head-out-of-the-water self taught) and biked non-competitively. It wasn't until a knee injury in 1990 that I began to bike more often during rehab and started training & racing with the Wheelers bike club. Cycling was therefore my strong point when I first started Tri's (1993) and also my favorite discipline. I have recently started enjoying running a lot more however, along with trying to solve the technical puzzle of swimming.

*On his first Ironman.*

Ironman Canada in 1997 was my first, and immediately after the race I thought it would be my last! The aches and pains were expected, but the mental games I played during all three segments took a greater toll. You experience the entire spectrum of emotions too, and if it weren't for the enthusiastic support of the volunteers and spectators it would be far too easy to pack it in.

*On how long it took him to train.*

The great thing about doing the Ironman was that it committed myself to a training plan! It emphasized quality over quantity and, except for a couple of long

bike rides, most weeks had 10-12 hours of training time. These days I can tolerate more and upward of 16-18 hours per week.

*On his next race*

Former Strider Todd Wilson and myself have committed to Ironman Florida this November. The plan is to do shorter races over the summer and then "go long" this fall. Burnout is a distinct possibility!

*On his favourite Triathlon and his best finish.*

The Escape From Alcatraz Triathlon in 2001 was an incredible experience. All three legs of the event were very unique and challenging, and took place amidst stunning scenery and famous landmarks. Having a bike split in that race within a couple minutes of our Olympic and Ironman champs was mind-blowing, but my overall best result was squeaking into the top 10 with a 4:16 clocking at the 2000 National Half-Ironman Championships.

(For a good read on 1<sup>st</sup> time Ironman check out the book edited by **Kara Douglass Thom** titled **Becoming an Ironman** available at the GP public Library - recommended by Rick.)

**Check us out on the Web**

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

**Note change in date from last mailing**

**Saturday, May 25**

Hershey Track meet and All Comers Legion Track, Grande Prairie  
Register prior to 10:00 AM at the track  
[Corcoran@runquick.com](mailto:Corcoran@runquick.com)

## . Running Tip

By Bill Corcoran

<http://www.runquick.com/>

### *A Quick and Dirty Primer on Strides*

Many distance runners are conscientious about putting in miles or running quality speed workouts, but these same runners often neglect an important aspect of the training package: Strides. The following article gives you the basics on this important, yet oft neglected training technique.

**WHAT ARE STRIDES?** Strides (or striders or stride outs) are short, fast runs of between 50 and 200 meters. They are run at a "comfortable sprint" pace (i.e. as fast as you can go without tying up and losing good form.) A typical Strides Session might be 10 x 100m following a 30-minute easy run.

**WHO SHOULD DO STRIDES?** All distance racers, from milers to marathoners, should incorporate Strides into their training program on a year round basis. However, as a general rule, they are more important for shorter distance runners.

**WHY DO I NEED TO DO STRIDES?** Strides help you in at least three ways:

- **Improved leg speed** - to run fast, you gotta run fast
- **Improved flexibility and coordination** - faster running puts your legs through a more complete range of motion; quicker leg turnover forces you

to coordinate your movements to prevent tripping or stumbling

- **Improved running economy** - training your muscles to run fast and relaxed over a short distance should translate into faster, relaxed running at longer distances.

### **WHEN SHOULD I DO STRIDES?**

You should do a full Strides Session at least once a week, preferably after a medium intensity or recovery run. In addition, a few strides (e.g. 6 x 50m) can be done as part of a warm up before a race or track workout. Because good form is important when doing Strides, you should avoid doing them after an intense speed workout or very long run; you don' t want to be fatigued when you are doing them.

### **WHERE SHOULD I DO**

**STRIDES?** A soft, yet smooth and consistent surface is the best venue for Strides. A well maintained football field or soccer pitch is an excellent choice. Alternatively, a relatively flat beach during low tide is another good option. Running Strides in bare feet can help you develop flexibility and strength in your feet, ankles, and lower legs.

**HOW SHOULD I DO STRIDES?** The key to running good Strides is to think **Fast and Relaxed**. You should be concentrating on quick leg turnover, relaxed shoulders, and a tall posture. In addition, don' t over stride. Take a full recovery between each repetition; you shouldn' t be out of breath before you start a Stride. If you find yourself tying up before the end of each Stride, slow down, take more rest between reps, or shorten the distance of the repetition.