



Wapiti Striders Newsletter

February 2002

Introducing the New and Improved Wapiti Striders Newsletter

To keep you better informed, the Club Executive has made a commitment to publish the newsletter regularly this year.

Plans are to publish four more newsletters this year:

- Late April
- Mid June
- Late August
- Early November

Keep in touch with the Peace Country running scene. Re-new your Club membership and don't miss a single issue.

Submissions welcome:
E-mail Rick Scott
RKScott@telusplanet.net
Ph 532-2764

Annual General Meeting Goes March 21

Mark Thursday March 21 on your calendar. At 7 p.m. on that night in Muskosepi Park Pavilion we'll be discussing upcoming events and picking a new executive ...please come out to vote! Bring your ideas, Jasper-Banff no longer exists - is there another race you would like to see the club committing itself to sending a team to?

A brief Chat with...

Bill Turnbull.

Bill Turnbull, as many of our Striders members know, has been involved with Running in Grande Prairie and the Peace region for 35 years. Bill retired from his official duties with the Striders this year and it will take many pairs of feet to fill his shoes.

Following are some thoughts and comments from Bill about his long association with running.

On how and why he got started with organizing running events in GP.

"When I arrived in GP in 1966, I got involved in the organization of the Legion Indoor track meet held in the old Memorial Arena. I took over as meet director in 1968 and continued with that position until the final indoor meet was held in 1982. At the same time, I formed the Grande Prairie Legion Track & Field Club. I coached every event, but decided to retire from club coaching in 1980. It was while with the Legion Club that I organized a number of cross country races before moving into race directing with the first Daily Herald-Tribune Road Race in 1977."

On the creation of the Wapiti Striders.

"The Wapiti Striders were created in 1980. That year, I received an invitation to enter a team in a relay race from Jasper to Banff. A meeting of interested runners was called and it was decided to name our entry Wapiti Striders. The name Swan City Striders also was suggested but Wapiti beat it to the finish line."

On his most memorable Jasper-Banff race.

"They were all memorable. I took part in 20 of the 21 races that were run I kept up with all runners throughout the race - only twice can I remember catching a few winks. I always liked to say that I had run every section, even though I never did officially compete. A couple of times I thought I would have to take over for a runner in difficulty but someone else always came to my rescue."

"I have finished the book on the history of the Striders involvement in the relay and as soon as I can get it published, I will let everyone know when they can order their copy."

On the Legion track club and the Worlds biggest Indoor Track Meet.

"From 1968 to 1981, athletes trained in the hallways and gym of Montrose Junior High downtown. All events were trained for. Starting blocks were adapted for use on a concrete floor; gym mats became long jump pits; runners ran repeat 150' s, 300' s, etc. as the hallways were 150 yards long. This meant making 180 degree turns at each end. Terry Smith could run 24 X 300 and not vary

his time for each by more than a second or two.

"The club took part in meets throughout Alberta and BC as well as Saskatoon. Especially popular were indoor meets held at the Kinsmen Field house in Edmonton; we often stayed at the old Pan American Motel where Kingsway Garden Mall is now located.

"Picture yourself in an the old Memorial Arena, a board track installed over the concrete floor and 600 athletes in attendance, and you have the Grande Prairie Legion Indoor Track & Field Meet. Participants came from all over the province as well as BC. The activity started at 10:00 am and it would run until at least 10:00 pm when the last event was over and results had been tabulated. It' s too bad that there aren' t meets like that anymore.

"It was also the only indoor meet almost rained out - the roof had been removed for repair from the old Memorial Arena and a sudden downpour in the middle of the afternoon put a halt to action for a while. Also, once before the boards were in use, action had to be curtailed when the concrete floor became too wet and it became too dangerous to continue running into the corners. "

On what he'll miss most and the least about event organizing.

"I don' t think I can break it down that way. I have enjoyed doing this for the last 25 years. It was a way of giving something to the community. As a non-runner, it was easy for me to provide a service to runners of all levels in the area. I always enjoyed watching runners trying to better themselves."

On what else he'd like to say or add.

"Track & Field and running have been a very pleasant part of my stay in Grande Prairie. Everyone should become involved in his or her community in some way. This was mine. I will always remember these past 30+ years.

"By the way", says Bill " I still have all the files from all the track meets, cross country runs, and road races in my possession. I have just finished sorting through them so if any old-timers would like to know their time in a race long ago, just ask! All these files will eventually go to the local museum to store in their archives when I get tired of looking through them."

The Wapiti Strider's Track Club Looks to Grow in 2002

One of the great legacies of the 2000 Alberta Summer Games was the construction of an all weather track at the Legion Field. One of the outcomes of this legacy is the re-birth of a track club in Grande Prairie - the Wapiti Striders Track Club.

In 2001, the Wapiti Striders Track Club consisted of 9 middle distance runners (800m to 5000m) ranging in age from 13-year-old Blair Webster to master' s runners Bill and Marlene Corcoran. Despite it' s rather modest numbers, Club runners captured a number of provincial age group titles in x-country, the 1500m and the 3000m.

Some notable individual achievements included:

- 13-year-old Blair Webster winning the provincial Midget (15 and under) titles in the 1500m and 3000m.

- 19-year-old Ryan Hicks winning the College Interprovincial X-C race. Ryan also competed in the Junior National Track and Field Championships (11th in the 5000m) and the Junior National Cross Country Running Championships (72nd.)
- 17-year-old Jenna Huber winning the National Legion Juvenile (17 and under) 3000m. Jenna also captured bronze medals in the 1500m and 1500m race walk at National Legions. In addition, she won a total of four provincial titles in x-country and track and also competed the National Junior Track and Field Championships (5th in the 3000m) and National Junior Cross Country Championships (18th).

The Track Club plans to grow and expand in 2002. It is in the process of becoming a registered Society distinct from the Wapiti Striders Road Running Club - this will help if and when it starts fundraising. The Club also plans to be involved with selecting and coaching the Zone 8 team for this summer' s Alberta Summer Games in Camrose. Part of this plan will involve hosting a series of All Comers Track meets in Grande Prairie, fun and informal meets open to athletes and wanna-be athletes of all ages.

The critical need now for the Track Club is for more coaches. If more coaches can be recruited for disciplines other than middle distance, then the Club can take on many more athletes. In particular, the Club needs people who are interested in coaching sprints, hurdles, jumps, throws, or children (under the age of 14). Previous track and field coaching experience is not required, just an

enthusiastic attitude and willingness to learn.

If you are interested in coaching or would like more information about the Track Club, please contact Bill Corcoran at 538-2369 or corcoran@runquick.com.

Looking for People to Run With?

Here are a few regularly scheduled group runs happening in and around the area.

Mondays at 5:30 and Wednesdays at 4:00

The Track Club meets outside the Equipment Room at the College gym. Contact Bill Corcoran at 538-2369 (corcoran@runquick.com) for details.

Thursdays at 5:00

The Women's running group (and sometimes Bob MacNeil) meets at Rhonda Howard's house. Contact Rhonda at 831-2977 or nontoxic@telusplanet.net

Saturday's at 8:00 a.m. and Sunday at 9:00 a.m. (SHARP!!!!)

The old boys meet at Mike Dutove's place - don't be late. Mike can be reached at 532-9394.

Women's Running Group

Rhonda is planning to do this from mid April until late June - get details from her ...

Wapiti Strider's Phone List

Plans are to send out an updated phone list/e-mail list of members with the April newsletter. This list will be a handy

reference for finding other fitness-minded individuals to go for that long Sunday run with. If you would like to be included on this list, please check off the mailing box on the membership renewal form included with this newsletter.

Kyle White earns all Expense paid trip to Afghanistan

(What follows is a note from Cal White about his son Kyle being sent off to Afghanistan)

Just letting you know that Kyle is off for an all expenses paid trip to Afghanistan within 5-10 days. In fact, the head tour company is going to pay him 'field pay' in their non-Canadian dollars. Yes, he is a member of the 3PPCLI. The interesting thing is his current 'trade'; light machine gunner. I asked why he was the C9 operator when he preferred the C7 and was a better shot with it. Kyle said it was because he was the fastest broken country runner in his platoon. Consequently, he could run like hell to a forward position and set up cover for the rest. Unfortunately, machine gunners, particularly in forward positions, are prime targets for competitive fire. This sort of makes me wonder about the hazards to life that I have been teaching my children: swimming, running, boxing, etc. as opposed to being a responsible parent teaching them more valuable things like smoking, obesity, drinking (mind you, Kyle seems to have the latter down 'pat' with his fellow Patricias).

The only other member of his platoon who is as good a runner; in fact better, is his sgt. One day Kyle was wearing his 1999 J-B shirt and his sgt. asked him

where he got it. Kyle replied that he had run the relay as part of the Wapiti Striders. The sgt. said he had run Section 6 with the Patricias to which Kyle unfortunately replied, ' Yeah, and we kicked your ass.' Next PT guess what happened. Head to head in full gear for the Platoon; last standing wins. To the shame of the Striders; Kyle quit and the sgt. won. To the glory of the Striders; Kyle was the last platoon member who quit in the ' friendly' competition and only quit when he started to cough up a red froth having kept stride for stride with the sgt How's about incorporating that run to the death as part of the Wolves training? Only requires 70 lbs of gear. After this; Kyle was asked by the running-challenged of his platoon for training advice.

So why am I boring you with this? I am on my third glass of wine. I am worried. Kyle has a great fondness for his running days. There might be a newsletter, which advises the Striders who know him that he is putting his skills to good use. We are seeing him this weekend before he goes and away from the media circus; and I am going to tell him that he has his former teammates wishes.

Best and thanks for reading the diatribe,

Cal.

Kyle' s address is:
Pte. D. K. White
3PPCLI, B Company, 6 Platoon
Box 5006, Stn Forces
Belleville, ON. K8N 5W6.

You must include your return address AND phone number in the top left hand corner (usual spot). If you send a parcel, you must include an itemized list of contents in the bottom left hand corner. They indicate that all parcels will be x-rayed before leaving Canada. We' ve also been told that it will take at least a month to get to Kyle.

If you send a parcel, these are the guidelines:

1. Maximum weight 10 kg
2. Maximum size 18 inches x 12 inches x 12 inches
3. Detailed list of contents, your address and phone number (as above)
4. Don' t send these prohibited items: pornography, compressed gasses or aerosols, corrosive liquids (bleach or ammonia), flammable liquids (lighter fluid or matches), explosives, alcohol, tobacco, drugs or narcotics, perishable items.



Check us out on the Web

For up to date information about the local running scene, results, photos, etc, check out the Club' s website at www.wapitistriders.com

Membership Has Its Benefits

At \$15 for an individual or \$25 for a family, a yearly membership in the Wapiti Striders Road Running Club is a great value. Here' s what you get for your money:

- Four or five newsletters per year
- A \$2 discount on entry fee for the DHT Press Run and Brian Harms Road Races
- Networking with other local fitness people through the phone/e-mail list
- Access to training runs with other members
- A vote at the Annual General Meeting

Membership fees for the Wapiti Striders Track Club are \$30 for an individual and \$50 per year for a family. In addition to the road running benefits, Track Club members receive:

- Access to regularly scheduled workouts with a coach
- Access to partial funding for out-of-town travel expense through Track Club or Athletics Alberta funding

(Note: Track Club members who plan to compete outside the Peace Region are also expected to join Athletics Alberta and pay its membership fee - \$35 to \$65 per year.)

In addition, your membership fees support the Club web site (<http://www.wapitistriders.com/>) and Club operations (i.e. Athletics Alberta club registration, office supplies, etc.) Moreover, the Club also advocates for local and regional athletes. We provide input and expertise to City Council for construction and maintenance of recreation facilities.

Upcoming Events:

Sunday, April 7

Sub-zero 10km Ft. St. John
Grant Spelsberg
gspelsbe@solarwinds.com

Saturday, May 4 ???

MSDC/Hershey Track Meet
Pat Gustafson
msdc@gprc.ab.ca

Saturday, May 11

Alaska Hwy News Track Meet
Grant Spelsberg
gspelsbe@solarwinds.com

Wed May 15

Hershey track Meet and all comers #1
Bill Corcoran
Corcoran@runquick.com

Saturday, May 18

Kids of Steel Triathlon
Joe Radench
jradench@city.grande-prairie.ab.ca

Sunday, May 19

GP Triathlon
Joe Radench
jradench@city.grande-prairie.ab.ca

Sunday, May 26

Brian Harms 10 mi and 3 mi Road Race
Bill Corcoran
Corcoran@runquick.com

Sunday, June 23

DHT Press Run 10Km
Andy Beal
mailto:abeal@telusplanet.net