



# Wapiti Striders Newsletter

September 2002

I hope you had an enjoyable summer, filled with some memorable running adventures. I have heard from some members about their out of town races. I'd like to include some reports from your out of town races in future newsletters. Send me your highlights, what you liked or disliked about the race, how you did or any other thing you think our members might find interesting. Would you recommend the race to others? It's Ok to brag a bit too, whether you finished first or out kicked the old guy to avoid DFL.

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

## **Take warning**

A Suspicious male driver has followed women out on their training runs within the past month in the city of Grande Prairie. In one case a license number was recorded and given to the RCMP. The RCMP followed up on this and gave that individual a warning. If you are followed, or are suspicious of any individual, report your sightings to the RCMP.

## **September executive meeting highlights**

-79 runners participated in the Press Run and money was made.

-A rental fee for the timing clock was discussed. It is being lent out quite often and is being subjected to wear and tear. The executive decided that for commercial groups the fee will be \$150.00 and for non-profit groups it will be \$50.00. A \$100.00 damage deposit will be required if there was no one from the Striders accompanying the clock.

-Duncan Banks will assume the responsibility of updating the website on a regular basis.

-The Track and Field season went well with 17 medals won by zone 8 athletes at the Alberta Summer Games.

## A brief Chat with...

### Jenna Huber

Jenna Huber, one of our Strider's members, accepted a full athletic scholarship to the University of Nevada at Reno (UNR) this fall. UNR competes in the Western Athletic Conference (WAC). School's in the WAC are: [Boise St.](#) [Fresno St.](#) [Hawai'i](#) [Louisiana Tech](#) [Nevada](#) [Rice](#) [SJSU](#) [SMU](#) [UTEP](#) [Tulsa](#)

You can read about UNR sports at: <http://nevadawolfpack.ocsn.com/index-main.html>

We asked Jenna a few questions about her experiences so far. Here are her answers.

*What do you miss most about Grande Prairie?*

**I miss my family and friends the most. They have been very supportive of me over the years and it is tough to be separated by such a huge distance.**

*What's Reno like? What's it like being a Canadian at UNR? Do you feel like you are in a foreign Country?*

**I love Reno; it is like a bright light city that is surrounded by mountains, it's also warmer. I feel like an ex-patriot down here. I have had to sing the US National anthem numerous times and I feel really silly putting my hand on my chest and standing for another country. I still love the people here, I feel really welcomed here, most people have no idea where Grande Prairie is and the first question I always get is "how cold is it up there?"**

*How are your classes going? What was the transition from high school like?*

**My classes are great; they are classes that I chose to take, rather than classes that I was required to take in High School. They are a lot of work, but it's material that I find really interesting. I am a Health Ecology Major, which is the study of sports training and nutrition.**

*Tell us a bit about the UNR team? Do they have a guy's team?*

**There is only a women's running team, made up of 15 girls. We are a group of very competitive individuals who push each other really hard at practice. We are also very team oriented and our team goal this year is to be the number one team at the WAC conference championships.**

*What type of training are you doing? Is it much different from when you were training with Bill Corcoran or at the Comp?*

**The training I am doing now is fairly similar to what I was doing with Bill. I am doing more mileage now. We run 9 times a week and weight lift twice a week. In the past month that I have been down here I have only had one day off. We also train at elevation, which makes us tougher. Bill prepared me very well for this year; he is an amazing coach and very talented runner who knows what he's doing. I have not had any trouble adjusting to the training down here and I have Bill to thank for that.**

*Tell us a bit about your first race for UNR*

**My first race went all right, it was a 5km. I was 8th out of 142 girls. It was held in Fresno, California. It was hot and humid, pretty much the opposite of cross-country season in GP. There were 13 teams competing and our team was first over all. It was really cool. Each team started in shoots and had their own little rituals before the race. Our team prays and then huddles and jumps up and down screaming "wolf pack".**

*What are some of your goals for the upcoming x-c season?*

**I would really like to place in the top 10 for our conference Championships (WAC). During indoor season I want to run 9:50 for the 3000m and for outdoor track I would like to run 17:15 for the 5000m. I still have to remember that this is my freshmen year; I want to look at this year as a great first experience and improve my race times each year.**

We wish Jenna well with her running and studies at UNR.

### **Press Run Trophy Trivia**

Over the 26 years the Press Run Trophy has been awarded 14 different male runners and 13 different female runners have had their name on the trophy. The longest span in wins goes to Marlene Corcoran; she has had her name on the trophy 7 times in 9 years; 94, 96, 97, 99, 00,01, and 02. Terry Smith has the next longest Span; 4 wins over 8 years; 83, 84, 86, and 90. Two people besides Marlene have had their name on the

trophy 3 years in a row. Peter Moore from 77 – 79 and Audrey Jewitt from 82 – 84. Twice the male and female winners have shared the same last name; Bill and Marlene Corcoran in 1994 and Neil and Cheryl Prior in 1998. There is room for one more plaque on the trophy before it requires a new level or we retire it and purchase a new one. *(My vote would be for a new level – Rick)*

## **Running Tip**

**By Bill Corcoran**

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

### ***A Few Thoughts about Hill Training***

Many excellent running programs incorporate hill training. Hill training promotes the development of lower leg and quad strength; a good hill training session combines the benefits of weight training with the aerobic and anaerobic conditioning of running. In addition, hill training strengthens you mentally; completing these tough workouts will help you deal with the physical discomfort of racing.

While there are a number of different types of hill training, here are three of the most common types of hill workouts:

- **Speed and Power Hills** - short, fast runs up steep hills with ample recovery between reps to promote explosive speed
- **Downhill Sprinting or Strides** - short, very fast runs down a gently sloping hill to promote quick leg turnover
- **Stamina Hills** - longer, "crisp" paced runs over moderately steep

hills to promote endurance and strength

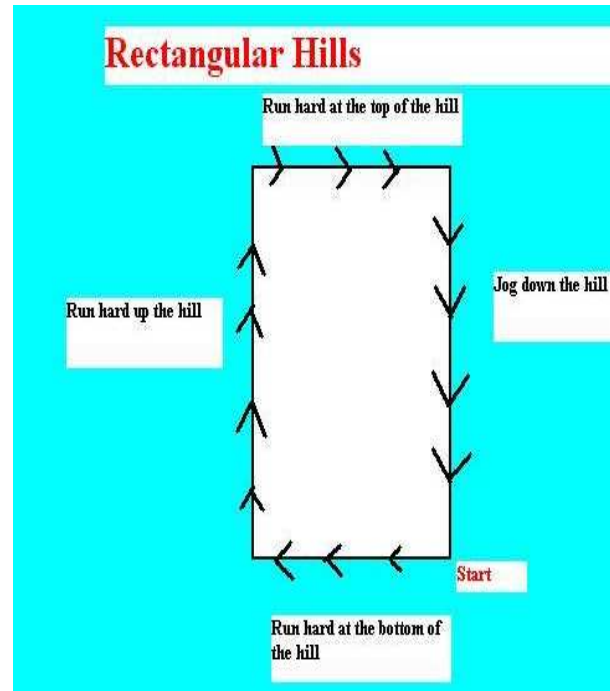
STAMINA HILLS are generally the most useful workout for most distance runners. The remainder of this article will focus mostly on STAMINA HILLS.

### ***Rectangular Hills***

The problem with the way many people do STAMINA HILLS is that too much recovery is taken between reps. If you run up a hill hard and jog down it, then you are going to be doing a 1:1 work/rest ratio at best (and probably more like 1:1.25 or 1.5.) This is too much rest. A better way to do hills to build stamina is to have about a 1:0.5 work/rest ratio.

So how do you do this short work/rest thing? (Get driven down the hill? This doesn't work well we actually did this in high school!!!) Nope, the key is running **RECTANGULAR HILLS**. How is this done?

- Find a hill that will take you about 1 to 2 minutes to climb.
- Run hard for 30 seconds in a direction 90 degrees from the up hill, then turn right and run up the hill, then turn right and run 30 seconds at the top of the hill.
- Now jog down the hill back to the start. This should result in about a 2 to 3 minute hill rep with about a 90 second recovery between reps.



If you can't find a 1 to 2 minute up hill, then there's nothing wrong with making yourself a 2 to 3 minute hill circuit course with 2 or even 3 shorter hills in it. Again, if you do this, limit the recovery jog to about 60 to 90 seconds. A **RECTANGULAR HILLS** workout should take you between 35 and 65 minutes to complete. For example, you could start by warming up with 10 minutes of jogging, then run 15 minutes of hill reps (i.e. 5 x 3 minute hill reps), and finish with 10 minutes of jogging. By adding 5 minutes to the hill reps part of the workout per week, you could be at 65 minutes for the workout in 7 weeks (i.e. 10 minutes warm up, 45 minutes of hills, 10 minutes of cool down.)

More info is available at Bill's Web site.

## **Wolves XC Series**

Results of the first two Wolves XC races are now up on the net. The results from FT.St. John will be up soon. Both the Grimshaw and Steve Burgess Memorial had record number of participants. There were 114 racers at the second annual Steve Burgess Memorial.

Here are the dates for the remainder of the series:

### **Saturday, September 28**

Dawson Creek Sneak  
Central Middle School  
Dawson Creek, B.C.  
11 a.m.

*Gord Zubyck (250) 782-2962 or  
gzubyck@mail2.sd59.bc.ca*

### **Saturday, October 5**

Tumbler Ridge Ramble  
Tumbler Ridge Golf Course  
Tumbler Ridge, B.C.  
11 a.m.

*Dr. Charles Helm (250) 242-3984 or  
drchelm@pris.bc.ca*

### **Saturday, October 19**

Wolves Series Final  
Wapiti Nordic Ski Trails  
Old Chalet - Highway 40 Parking Lot  
Grande Prairie, Alberta  
2 p.m.

*Bill Corcoran (780) 538-2369 or  
bcorcoran@gprc.ab.ca*

## **Royal Victoria Marathon**

October 13, 2002

Good luck to all including Rhonda Howard, Bill and Marlene Corcoran, Leigh Goldie, Duncan Banks, Lori Wagner and Alison Tucker as they take on a field of over 2500 Marathoners during the 23<sup>rd</sup> running of the Royal Victoria Marathon.

## **Chetwynd Half Marathon report**

Lori Wagner and Duncan Banks attended the Chetwynd 1/2 Marathon on Sept. 09. The race Organizers confessed last year that the course is long. One clocking had it at 21.8k while another clocking had it at 22.1 so it is probably safe to call it a 22k race. Lori set a PR for this race and this distance by running a 1:48:54. This placed her 2d in her age group and 2d overall women behind Duncan Bank's sister, Alison Tucker, of Taylor BC.

Duncan reports he had a fun race as well out sprinting Phil Rempel in the parking lot for 2nd in his age group and 2nd overall. Duncan's 1:28:19 was 11 seconds behind the overall race winner Yvon Allen from Prince George, BC.

There was good weather (9 degrees) and a good turn out of 77 runners. The post race meal and draw prizes afterwards were also great.

### **Looking to run with a group?**

Rhonda's Thursday running group will resume after the Victoria marathon in mid October. The Monday running group has disbanded for the winter. Call Rhonda at 831-2977.

Duncan Banks would like to start a regular running time in Grande Prairie for all runners whether they are local runners, new runners to the city, or runners just in town for the day, and hopefully would include some socializing after. As there are races till mid October, it was decided to start this group on Saturday October 26, at 9:00am, meeting at Bricco's restaurant on the corner of 100 St. and 101 Ave.

## **More Groups**

The 'old boys' meet at Mike Dutove' s place Saturday and Sunday morning. Mike can be reached at 532-9394 for more information.

The Wolves' XC team meets at the Physical Activity Center Office by the College Gym at 5:30 on Monday, Tuesday and Thursday through till the end of October. The normal training schedule includes long runs on Monday, Hills on Tuesday and speed work on Thursday. The Wolves' have 14 women and 6 men coming out for the team this year.

## **Track Clinic**

There were 22 kids who participated in the spring Track Clinic. Some of them went on to compete at the Alberta summer games. Jacinna Vall ran a 5:26 1500m to bring home a bronze medal in the under 15 girls race. Kim Wayland earned silver in the high jump (1.4m; same height as the Gold winner but lost on attempts). Other Track Clinic Participants who secured a spot on the Zone 8 team were Alana Moore, Barbara Edey, Carina Ness, Sara Scott and Jessica Christopher.

The success of the clinic will probably result in it being offered again in the spring of 2003. Watch for details.

## **Jogger Stroller for Sale**

Call Françoise or Gail 532-6830.  
\$100.00, original price was \$300.00

## **Check us out on the Web**

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