



Wapiti Striders Newsletter

December 2003

It's been a great year for local running, if not for newsletters. This is the second issue of the year. Memberships are down but race attendance was terrific. Over 400 different individuals took part in at least one of the Wolves XC running series races. For 2003 we had 30 individuals pay for membership plus 7 family memberships. This includes 11 memberships that included the additional fee to the track club. Please encourage all your running buddies to join as well. We would welcome submissions and updates from members, especially brief summaries of your experiences from out of town races.

Your current 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
Marketing - Marjie Beal

The current 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:

RKScott@telusplanet.net
Check us out on the Web
www.wapitistriders.com

Santa Shuffle and Resolution run

The Santa Shuffle 5K and Elf Run 1K will be held on **Sunday December 14 at 2:00pm starting** from the Muskoseepi Park Pavilion. Entry fee is a donation to the Salvation Army. There will be prizes for costumes.

The Resolution Run will be **Thursday Jan 1 at noon**. We will meet at the Muskoseepi Park Pavilion. There is no entry fee. Just show up and run a few loops of the reservoir and brag about how much running you are really intending to do in the New Year.

Meetings

The next executive meeting will be Tuesday March 2 at 7:00pm at Bricco's restaurant.

The AGM will be held Tuesday March 16 at 7:00pm at Muskoseepi Park Pavilion.

Mail in your renewal today. They will be due in March.

Forms can be downloaded at:
<http://www.wapitistriders.com/memform.html> for the Road Running Club or

<http://www.wapitistriders.com/trmemform.html> for the track club.

Ten Highlights from 2003

Daily Herald-Tribune Running column
Bill Corcoran

As the snow flies, the local running scene will soon be in hibernation. As this is my last column of 2003, it's an appropriate time to look back at some of the highlights of this past year:

10. Local running columnist

captures national title. So it took it almost 42 years, but yours truly finally captured his first national championship in August taking the M40-44 800m title at the Masters Nationals in Vancouver. Here's a lesson for all you aspiring athletes – hang in there long enough and you too can be a national champ in something. For the record, Mrs. Local Running Columnist also bagged two silver medals at the Masters Nationals and also won the 8 km road race at the US Masters Nationals in Eugene, Oregon.

- 9. Little School roars at BC X-C Provincials.** The South Peace Secondary boys surprised almost everyone except themselves by taking third place at the BC High School Cross Country Championships earlier this month. Gord Zubyk and company have developed an excellent core of young runners in the Mile 0 city over the past few years. Since most of this year's team are in Grade 10 or 11, South Peace has a legitimate

shot of climbing even higher at the 2004 provincial meet.

- 8. GPRC men strike surprise bronze.** For the past few years, the Wolves women's cross country team has been the dominant gender around GPRC. However, in 2003, clutch performances by Colin McArthur, Brady Turner, and Jeremy Stojan vaulted the Wolves men to the ACAC podium for the first time since 1998. On paper, the team was no better than a projected 4th or 5th, but on race day, they proved the pundits wrong.

- 7. GPRC women redeem themselves at Nationals.** After a disappointing 6th place performance at ACACs, the GPRC women roared back at CCAA Nationals placing 4th, a mere 14 points shy of defending the national championship they won in 2002. Led by Candace Yanishewski's top 10 finish, all four GPRC athletes picked the right day to record their best race of the year.

- 6. High schoolers rip it up at provincials.** GP Comp athletes captured four individual medals at the High School Provincials in Camrose in June. Kyle Reynolds led the way taking silver in the Intermediate Boys 1500m and bronze in the 3000m. Sydney Spencer placed second in the Intermediate Girls 100m, while Holden Lorencz won the Junior Boys Pole Vault. In addition, Beaverlodge's Tori Dixon beat all comers in the Senior Girls 100m Hurdles.

5. Setterington reinvents himself.

After taking off most of 2002 to recover from injuries, former ACAC Cross Country Champion Fred Setterington re-emerged in 2003 as an 800m/1500m runner. After an upset win in the 1500m at the provincial championship, Setterington lined up with Canada's best metric milers at the Canadian Championships in July. His appearance in a national final was the first by a male Peace Country track athlete since the early 1970s.

4. Death Race continues to grow.

The 3rd edition of the Great Canadian Death Race on the August long weekend attracted a record field including at least three local teams. The Death Race has caught the imagination of runners locally, nationally, and internationally. The Grande Cache event is truly world class.

3. Radench hammers field in

Harms 10 miler. Triathlete Joe Radench followed Ryan Hicks and Dale Tuck for 9 miles before decisively putting the hammer down and coasting to victory in the Brian Harms 10 mile on May 25. Radench also won the OBW ½ Marathon trail race in August and the Wolves Classic cross-country race in October. It was a good year for the triathletes in local races as Colin Mc Arthur took the Steve Burgess cross country race and the Seitz twins tied for the win in the Daily Herald Tribune Press Run. Women's winners of GP races this year

included Candace Yanishewski (Steve Burgess, Wolves Classic), Marlene Corcoran (OBW ½ Marathon, Harms 10 mile) and Carla Kufeldt (Press Run.)

2. Schmidt trades round ball for spikes.

2002 Daily Herald Tribune Female Athlete of the Year Jessica Schmidt hung up her basketball sneakers in February and focused her energies on running. After only a few short months, she racked up a provincial indoor title in the 3000m, a 5000m win at the Washington State Cougar Classic, and a bronze medal in the 5000m at the Western Canada Games. In September, she accepted a scholarship at the University of North Texas and quickly established herself as the team's top runner, earning two victories in cross country races this fall.

Unfortunately, a foot injury put an early end to her cross country season, but Schmidt promises to be back in action in early 2004 on the indoor track circuit.

1. Huber continues to roll.

Former Comp and Wapiti Striders runner Jenna Huber continued to improve by leaps and bounds as she competed for the University of Nevada Reno Wolfpack. Huber's top achievement in 2003 was winning the silver medal in the 10,000m at the WAC Championships in El Paso last May. Huber ended the year ranked number one in Canada for Junior Women (19 and under) in the 10,000m, number two in the 5000m, and number three in the 3000m. In addition, she was the number one ranked Junior in Alberta in the 1500m.

2004 Wapiti Striders Schedule

Draft

Some running opportunities for 2004.

INDOOR MEETS

Jan 16-18	Golden Bear Indoor Meet	Edmonton
Feb 14-15	All Comers Meet	Edmonton
Mar 6-7	Indoor Provincials	Edmonton

OUTDOOR MEETS/ROAD RACES

Apr-02	Sub Zero 10 km	Ft St John
May 4	Bloomsday	Spokane
May-08	Track Clinic + Mini Meet #1	Legion Field
May-15	Peace Country Classic + Hershey Meet	Legion Field
May-15	Track Meet (if not June 5)	Ft St John
May 22-23	GP Triathlon	Leisure Centre
May 21-22	Zone Champs (HS and JHS)	Legion Field (Comp Host)
May-30	Brian Harms Road Race	S Bear Creek
May TBA	Road Relay ??	Slave Lake to Wabasca
June 4-5	High School Provincials	Calgary
Jun-05	Track Meet (if not May 15)	Ft St John
Jun-12	Zone 8 ASG Trials + All Comers	Legion Field
June 19-20	CALTAF/Provincial Hershey Meet	Calgary/Red Deer
Jun-20	Press Run	Musko Park
Jun-27	Track Clinic + Mini Meet #2	Legion Field
July 3-4	Provincial Champs	Calgary
July 4-9	Legion Camp	Calgary
Jul-10	Zone 8 Team Meeting + Mini Meet #3	Legion Field
Jul-14	New Balance Meet	Calgary
Jul 16-17	Masters Nationals + 5 km road race	Calgary
Jul 23-25	Alberta Summer Games	High River
Aug-01	Death Race	Grande Cache
Aug - 8??	Emperor's Challenge	Tumbler Ridge
Sep 5 ??	OBW Half Marathon (and Marathon??)	Wapiti Nordic
Sep-18	Wolves Classic and ACAC race	Musko Park
Sep-Oct TBD	Wolves Series X-C races	various
Oct-23	Steve Burgess/Wolves Final	Wapiti Nordic

Relay

In May of this coming year there is a relay race from Slave Lake to Wabasca to support diabetes research. The race is 125km long with up to 15 runners doing various leg lengths. The winning team in 2002 finished the course in 8 hours and 24 minutes. (4min/km 6:24min/mile). Our club is thinking of entering a team if there is enough interest. Contact an executive member. Details TBA.

Running groups

The 'old boys' meet at Mike Dutove' s place Saturday and Sunday mornings. Saturday at 8:00; Sunday at 9:00. Mike can be reached at 532-9394 for more information.

Recent Results

Seattle Marathon – November 30th, 2003

Participants: 2325 in the marathon, 5450 in the half-marathon.

Joe Radench 17th overall, 2nd in age category (2/234) 2:53:54 (splits 1:23:33, 1:30:40)

Collin McArthur 26th overall 6th in age category (6/168) 2:58:10 (splits 1:23:33, 1:34:40)

Jenna Huber took fifth place with her time of 17:41 at the 2003 WAC XC Championships. Her Nevada team was 1st.

Jenna Huber ran a time of 22:24.9 over 6km at the NCAA Div I Mountain Regional XC Finals. She was 33/114. Her team was 6/14.

Runners

Are you hard-core, have you ever been accused about being anal about your running habits?

Here is a list of synonyms you may prefer:

- Accurate
- Assiduous- (persevering, attentive)
- Conscientious
- Considerate
- Careful
- Cautious
- Chary- (very cautious, wary, sparing)
- Concrete
- Detailed
- Diligent
- Exacting
- Factual
- Faithful
- Fastidious- (discriminating, particular)
- Genuine
- Judicious- (well judged, sensible, prudent)
- Methodical
- Precise
- Punctilious- (detailed, exact, particular)
- Sagacious- (wise)
- Scrupulous
- Skillful
- Solicitous - (eager, earnest)
- Systematic
- Thorough
- Thoughtful
- True
- Unerring
- Veracious

Please Post the back page at your work.

Santa Shuffle

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Muskoseepi Park Pavilion

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