



Wapiti Striders Newsletter

March 2003

The Annual General meeting of the Wapiti Striders will be held at 7:00 PM on Wednesday March 26th in the Pavilion at Muskoseepi Park. Agenda items will include election of officers for the track and road running executives, presidential and financial reports, and discussion on club participation in relays and/or the 24-hour relay etc. We hope to see you there.

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

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:

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

Check us out on the Web
www.wapitistriders.com

Strider's Runners Did well at 2003 Alberta indoor Track Championships.

Less than a week after trading her court shoes in for track spikes, **Jessica Schmidt** became a provincial running champion.

The 20-year-old Wapiti Striders runner, and College Wolves point guard, topped all Senior Women in the 3000m at the Athletics Alberta Indoor Provincial Track and Field Championships. Schmidt's winning time was 10:43. The 3000m victory came one day after her first ever track race, a second place finish in the Senior Women 1500m in a time of 4:52. Jessica is now perusing offers for track scholarships south of the border.

Striders' Track coach **Bill Corcoran** also captured a provincial title on the weekend in the Masters Men 3000m. Corcoran covered the distance in 10:12. Earlier in the meet, he also placed second in the 1500m, recording a time of 4:35.

Other local results included:

Candace Yanishewski (Junior Women) - 2nd 3000 - 11:41; 3rd 1500m - 5:28
Marlene Corcoran (Masters Women) - 2nd 3000 - 11:31
Fred Settington (Senior Men) - 3rd 1500 - 4:11; 3rd 800m - 1:59
Ryan Hicks (Senior Men) - 2nd 3000m - 9:27; 6th 1500m - 4:25
Wisam Azooz (Junior Men) - 8th 400m (54.56); 11th 200m (24.72)

Jenna Update

If you have been following the local press you are probably aware that Strider's runner Jenna Huber has performed very well in her Freshman year at the University of Nevada Reno.

Jenna scored points for her team in each of the 5 indoor track meets she participated in this season and contributed to her team winning a first ever WAC championship. Jenna was the top runner from UNR in her two events; finishing 4th in both at the WAC championships.

Her best times of the season were 5:06.45 in the mile, 10:06.87 in the 3000m and 17:37.07 in the 5000m. Her out door season starts right away while we will all be watching the snow melt on our local track.

Peace Country Track and Field Classic Saturday, May 10

Legion Field, Grande Prairie
Presented by the Wapiti Striders and Grande Prairie Composite High School

Mark Saturday, May 10 on your calendar. The Peace Country Track and Field Classic will kick off the local track and field season for kids, high school students, and all comers of all ages.

A full schedule of track and field events will be offered for Hershey Age Kids (Grades 3 to 8), High School students (Grades 9 to 12) and all comers (anybody else.) The meet will be part of the provincial High School Challenge Series and server as a qualifier for the provincial Hershey Meet in Edmonton later in June.

Check out the Wapiti Striders web site (www.wapitistriders.com) in early April for further details and an entry form.

Junior High Track and Field Program May 5 to June 23

Mondays and Thursdays - 5 pm to 6:30 pm at the local track.

The Wapiti Striders Track and Field Club in partnership with Athletics Alberta is pleased to present a developmental Track & Field program for Grades 7 to 9. The program is designed for both boys and girls with an emphasis on Fun, Fitness and Fundamentals. No previous experience in track and field is necessary! Athletes of all abilities are welcome.

The program will be offered on Mondays and Thursdays (5 to 6:30 p.m) over 7 weeks from May 5 to June 23 at the Legion Track in Grande Prairie. Participants will be prepared to compete in local meets, school meets and the Zone 8 championships. In addition, there may be the opportunity to compete in selected out-of-town meets such as the Provincial Championships (June 21 and 22 in Calgary) or the Jack Brow Meet (June 27, 28, and 29 in Kelowna.)

Participants will receive:

- Instruction in all running, jumping and throwing event areas including speed training, overall conditioning and technical knowledge of the basic track & field events.
- Instruction from volunteer community coaches and athletes.

- Access to modern training facilities and equipment (a legacy of the 2000 Alberta Games)
- Membership in the Wapiti Striders Track and Field Club
- Free entry fees in the Peace Country Track and Field Classic on May 10

Participants need to bring:

- Running shoes
- T-Shirt and shorts
- Sweat suit and other clothing appropriate for the weather
- Track spikes are optional

Volunteer Coaches :

- Bill Corcoran and Rick Scott GPRC Wolves X-C coaches
- Doug Harper Level 2 NCCP Throws Coach
- Jenna Huber 2002 National Junior Champion (3000m and 5000m)
- Laurie Remple 2002 Alberta Summer Games Coach

Note: Parents will be asked to assist with officiating on the Saturday morning competitions. Also, additional volunteer coaches are welcome - contact Bill Corcoran (538-2369 or corcoran@runquick.com if you can help out.)

Registration Fee: \$50 (\$80 for 2 or more from the same immediate family); make cheques payable to Wapiti Striders Track Club.

Registration: Bring signed registration form to the first session on May 5; fee is due after first week.

5 Reasons to Renew Your Striders Membership

(This is for you, Eric Chislett!!)

5. Keep in the loop about the local running scene by receiving the Newsletter.
4. A \$2 discount on the entry fees for both the Press Run and Brian Harms Races.
3. A vote at the AGM (and even a position of the Executive if you' re really keen.)
2. The satisfaction of supporting the growth running and track and field in the Peace Country; it helps to have a large paid up membership base when we seek government support for things like bike trail upgrades, track resurfacing, etc.
1. Access to group training runs with other Strider' s members

Mail in your renewal today. Forms can be downloaded at

<http://www.wapitistriders.com/memform.html> for the Road Running Club or <http://www.wapitistriders.com/trmemform.html>

Going the Distance

Easy Steps to Step up the pace:

Part #1

Contributed by Duncan Banks

If you have already established the habit of jogging but want to run faster you can gain speed by a) running longer distances or b) running the same distance at a faster pace. A good rule of thumb is not to increase mileage and intensity in the same week. In other words, if you are going to run farther this week run the same pace as last week.

The safest method of improving is to raise mileage first in order to build a broader base for future fast running.

Like the saying goes “You can’t shoot a cannon out of a canoe”.

While building up your base apply the 10% rule. Add no more than 10% per week to your current mileage. For example, if you are presently jogging 20 kilometers per week add two km. the next week and two km. the following week bringing your weekly total to 24 km. Every third week cut back one-third in order to give your body a rest before pushing to the next level. Using the above example again your first month would look like this. Week one: 22km. Week two: 24km. Week three: 16km. Week four: 26km.

The simplest way to build your base is to add the additional km. onto one of your weekly runs. Traditionally runners have made Sundays their long day but feel free to do it on whatever day works best for you.

Although you may sometimes feel tired during these longer runs, you will be rewarded with a sense of accomplishment when they are completed. An additional benefit you can expect is that your regular runs will

start to get easier and somewhat faster with no additional effort. Once a sufficient base is built you will have the strength to start pushing the pace without risking injury.

Most experts agree that it takes about 12 weeks of running before muscles and tendons are strong enough to handle the rigors of hard running. I’ve always had difficulty waiting that long because I love to run fast but I’ve paid the price whenever I’ve strayed too far from these guidelines. **Warning:** Injured runners can’t run so play it safe and have fun. Next issue: Part #2 of stepping up the pace: Increasing intensity.

We’ll see you as you trudge the road to happy destiny.

Duncan Banks is a certified NCCP coach who trains Distance Runners and Triathletes. He has competed in the Boston Marathon and has a personal best of 2:50 for the 42.2km distance.

Run with the Best Tafnews Press 2001 (recommended book)

This coach’s guide to training middle distance and long distance runners by Tony Benson and Irv Ray is filled with tables and schedules designed to get athletes running their best. It provides suggested programs for recreational, age group, and high-level runners. It’s not a walk jog program; it assumes runners have a substantial running base before you would take on the proposed schedules. The book provides information on aerobic, anaerobic and auxiliary training components. It explains the benefits of lactate training, how much and when. It heavily emphasizes the need for a strong aerobic base before beginning the rigors of speed training.

There is an introduction to the history of training methods that is quite interesting, which includes tables of progress in reduction in time of world records. For example: the marathon.

1912	2:42:31
1940	2:26:42
1965	2:12:00
1990	2:06:50
1997	2:06:50

Table 3.1 in the book gives the minimum volume lifetime required to achieve your maximum performance in the 10km or marathon. A “mere” 3,500 hours of running at around a 7 minute mile or 4:21 km for a total of 50,000 km. A distance the elite North American male may achieve by age 24 to 27. A distance the elite Kenyans have achieved by age 22.

Formulas are provided for how much you should increase per year if you are not already at these volumes.

An interesting read even if you never plan to “become an elite athlete”. The book definitely gives an appreciation of what it takes to become one.

Rick

Upcoming events:

Sun, Apr 6 **Sub Zero 5 and 10 km** (Ft. St. John)

Wed, Apr 30 New Balance tech rep coming up for a clinic. Details to come. Sponsored by **ERNIES.**

Sat, May 10 **Peace Country Track and Field Classic** High School, Hershey, and All Comers Meet (Grande Prairie)

Sat, Sun, May 17 & 18 **Kids of steel and Super-Sprint Triathlon** (Grande Prairie)

Sat, May 24 **Alaska Highway News Track Meet** (Ft. St. John)

Sun, May 25 **Brian Harms 3 mile/ 10 mile Road Race** (Grande Prairie)

Fri, Sat, May 30 and 31 **Zone 8 Junior High and High School Meet**

Sat, June 14 **All Comers Meet** (12 – 4 p.m. – Grande Prairie) (This meet is tentative)

Sun, June 22 **Press Run 3km/10km** (Grande Prairie)