



Wapiti Striders Newsletter

August 2004

Winter is coming and the season of cold and snow will soon be here, but not before the popular cross-country running series.

Congrats to Marlene Corcoran on her fine example of a strong performance. Marlene was 2nd in the 40-44 age group at the master's games in Edmonton. She ran a 5:44 for 1500 m.

Fred Setterington won a race in Vancouver; 800m's at 1:57- almost 6 meters a second!

The two J's, Schmidt and Huber, are now in fine form despite their share of injuries earlier this year.

Gurvinder Parmar did well in Grande Cache at the Death Race with a time of 20: 22:14, 16th overall and 8th in his age division (30-39). Congratulations, - well done. Local teams did fairly well, placing fairly well in overall placing.

Dennis and Robert Seitz are doing well in their races. At the Sylvan lake half Ironman their times were 4:50 and 4:59 respectively. Way to go.

I am looking for feedback from you readers. My address is listed. 402-10308-107avenue. Grande prairie, Alberta T8V 1M5
Francis Plum, Newsletter Editor

Your Road club executives are:

President - Leonard Scharbach
Vice President - Bill Corcoran
Secretary – Joe Radench
Treasurer - Harvey Biehn
Newsletter – Francis Plum

The Track Club executives are:

President - Leonard Scharbach
Vice President - Bill Corcoran
Secretary – Joe Radench
Treasurer – Rick Scott
Officials' coordinator - Rick Scott
Director Marketing - Laurie Remple

Major scoop! Interview with a living legend... Jenna Huber from Grande Prairie. Interview by Francis Plum

Jenna, are you excited about this coming season?

Jenna- “Yes, I really want our team to qualify for nationals this year. Last year was the best cross-country team performance our school ever had. I'm hoping this year will be even better. (Individually I want to be in the top three in our conference.)

Jenna, for the readers of this interview could you give them some advice on training/running?

Jenna- “The best advice is to listen to your body. You need to know when to

ease off to avoid injury. And also to make the most of every speed workout. You need to train fast to race fast.”

Jenna, are you happy with your past race results, or do you think you can improve...say Olympic pace races?

Jenna–“I am pleased with my results, but I will always want faster times. I am not sure about after university. I have a strong desire right now to race in marathons... where that takes me, who knows.”

Jenna, it seems to me that local runners, and runners in general, are injuring themselves whether training or running races. I have noticed that ultra-endurance races are very popular lately, such as the Grande Cache race or the lost soul ultra in Lethbridge. What are your thoughts about these types of races?

Jenna–“As I said before, it is important to listen to your body. Mileage is critical in endurance races. If you want to do a longer race, well, you have to put in time, and you have to be dedicated.”

Well, Jenna, it has been a pleasure to interview someone as successful from Grande Prairie. Good luck in the future... one last question. What is the name of your college running team?

Jenna–“University of Nevada. Team name is the Nevada wolf pack located in Reno Nevada.

Well, that is interesting. Grande Prairie has a Wolves team and you end up on the Wolf pack in Reno. Well again, good luck on your running career.

Jenna- “Thank you very much for the interview.”

UNV Track link is:

<http://nevadawolfpack.collegesports.com/sports/w-track/unv-w-track-body.html>

Upcoming Events

The [OBW Half-marathon, 10 km \(and even marathon!!\)](#) takes place on Sunday, September 5 at the Wapiti Nordic Ski Trails. Marathon start at 8:30 am, 10 km and half marathon starts at 10 AM.

Eric Chislet for details 814-7576

[Women' s Learn to Run](#) program starts Monday, September 13 – Contact [Laurie Remple](#) at 814-7342 for details.

Wolves XC series

Saturday, September 11, 11:00 am
Grimshaw Gallop Queen Elizabeth Park

Saturday September 18, in **Muskosepi Park**. Kids races starting at 11:00, Junior High and High school events as well as open and college events to follow. This year the Wolves Classic will be part of the ACAC (Alberta Colleges Athletic Association) Grand Prix series with college runners coming from Edmonton and Camrose and possible others. Bill Corcoran for details 538-2369

Sat, Sept 25, 11:00 am Ft. St. John Grail Quest, [Grant Spelsberg](#) (250) 785-5733

Sunday, October 3 11 am **Tumbler Ridge Ramble** Tumbler Ridge Golf Course
Tumbler Ridge BC

[Dr. Charles Helm](#) (250) 242-3984

Dawson Creek Sneak
Central Middle School
Dawson Creek BC
11:00 AM October 9th or 16th???

Saturday, October 23, 2004 2 pm
Steve Burgess Memorial and Wolves Final
Wapiti Nordic Ski Trails
Old Chalet - Highway 40 Parking Lot
Grande Prairie AB
[Rick Scott](#) (780) 532-2764

Recent Race Results

- A number of GP runners took part in the [Emperor' s Challenge Mountain Half Marathon](#) in Tumbler Ridge on August 14.
- **Rigel Carias** finished 4th (11.27m) in the Juvenile Women' s Shot Put at Legion Nationals in Sudbury on August 5. She also had a 9th place in the Javelin.
- A number of club members including **Francis Plum, Leigh Goldie, and THE Brady Turner** participated in the Canadian Death Race in Grande Cache on the long weekend. Results can be found at the [Death Race site](#).
- **Tori Dixon** was the 16th place finisher (16.44) in the 100m

hurdles in the National Junior Track and Field Championships in Saskatoon on July 24.

- **Marlene Corcoran** placed second in the F40-44 category in the 1500m (5:44.16) at the National Masters Track and Field Champs in Calgary on July 16 and 17. She was also the third place women in the 5 km road race.
- **Fred Settington** won the 800m in 1:57 at the Hershey Harriers all comers in Vancouver on July 6. Later that week, he placed 10th in 3:59 in his qualifying heat in the 1500m at the Athletics Canada Olympic Trials in Victoria.

Zone 8 Alberta Summer Games

The Games were a blast. Zone 8 placed 7th in the Track and Field competition with a total of 5 medals - 1 Gold (Rigel Carias - Shot Put), 2 Silver (Juvenile Girls 4 x 100 team and Alex Klassen - High Jump) and 2 Bronze (Deneb Carias - 3000m and Haeder Azooz - 200m)

Many thanks to the team coaches **Jess Schmidt, Lynn Connell, Bill Corcoran, Dr. Bob Crowe, and Rafael Carias**. Also thanks to **Rick Scott** and **Doug Harper** who also helped with the team.

The following groups are meeting regularly for training runs.

Weekend Mornings early
Contact [Leonard](#) 539-7386
for details

**Saturday at 8:30 a.m. at
Brico's**
Contact [Duncan](#) at 814-7574

**Sundays at 9 a.m. at Wapiti
Nordic Ski Club Biathlon
Range Parking Lot**
Contact [Laurie](#) at 814-7342

Wolves XC team trains Mon,
Tues, and Thurs, leaving
from the college gym at 5:30
Contact [Bill](#) for details.

**Tuesdays at 7 p.m. at
Wapiti Nordic Ski Club
Biathlon Range Parking
Lot (10/1 run/walk)**
Contact [Laurie](#) at 814-7342

THE TALE OF THE TRAIL
by Francis Plum

Who has read the worn out tread
from the washed out trail up ahead?

Can anyone read the bead of sweat
from the runner who worries and frets?

Everything has a story to tell
just like a champion who runs well.

Through our efforts as we strive
we can reach up high to the sky.

Submissions to the news letter welcome:
E-mail Rick Scott
RKScott@telusplanet.net

Check us out on the Web
www.wapitistriders.com