



Wapiti Striders Newsletter

November 2005

Greetings Fellow Runners

This year has been a great year for the Striders. There were many exciting races both locally and around the country. Penny Thomson is doing great in the ACAC cross-country circuit (2 firsts in Grande Prix events and 4th at ACAC; after a calf injury) to Deneb Carias from Grimshaw (3rd in Intermediate boys at ASAA high school championships), to Joe Radench and the Seitz twins and Mark Kildaw in the Ironman scene, among others. To all others who have done well: congratulations.

I was reading the Monday Sept 26 edition of the Edmonton Journal about Michael Karpal from Toronto. He set a Guinness world record by running the Toronto Marathon while juggling three balls, in the rain. He finished with a respectable time of 3 hours 7 minutes. The old record was 3 hours 20 minutes.

Maybe I should try and break a record, or make a brand new one. I could think of something ... blindfolded, eating pudding cups non-stop, non-stop pogie-sticking, carry a power saw? (I used to work in the lumber industry) The great thing about Michael's Marathon is that he raised money for the sick kids hospital (\$1400). May Michael continue to run well and Juggle well. We can all find some inspiration from his story.

P.S. Michael, last year, ran his fastest marathon while pushing his daughter Annika in a stroller (2hours, 49 minutes) the old record was 3 hours flat.

Francis Plum

The next Executive Meeting is December 7, 2005 at 7:30 p.m. at the Muskoseepi Park Pavilion right after the next community run which starts at 6:30 from the pavilion.

The Resolution Run goes New Years Day at noon at the Muskoseepi Park Pavilion. No entry fee; just show up and run.

Patrick Coppens and group are running on Tuesday and Thursdays at 6:30 at the Muskoseepi Park Pavilion. All are welcome.

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 – Trevor Olson

Treasurer – Rick Scott

Recent Race Results

- Grande Prairie hosted the 2005 ASAA High School X-Country Championships on October 22. The event was a smashing success. Club members Deneb Carias (3rd in Intermediate Mens) and Kathryn Stone (25th in Senior Womens) were among the top Zone 8 athletes.
- The [2005 Wolves X-Country Running Series](#) wrapped up in early October.
- A course record and a few close misses were among the highlights of the *2005 Steve Burgess Memorial Cross Country Running Race *at the Wapiti Nordic Centre on Saturday.

Sixteen year old ***Deneb Carias*** from Grimshaw destroyed the field in the High School Boys 4 km race, clocking a course record time of 14:25. Carias finished 85 seconds ahead of runner-up ***Justin Black*** from Dawson Creek. Grovedale's ***Penny Thompson*** was equally dominant in the womens 7.5 km, stopping the

clock at 30:36. Thompson finished 5 minutes ahead of Grande Prairie's ***Lee Ann Nessman**. ***Only Jenna Huber***, who clocked 29:33 in 2001, has ever run the women's 7.5 km course more quickly.

Two other GPRC rookie runners also posted performances of note. *Sean Hawyrluk* won the open mens 7.5 km in 26:34 and ***Janelle Williamson*** finished first in the open womens 4 km in 17:00. Those performances moved both Hawyrluk and Williamson to #4 on the all time Wapiti Nordic Cross Country course list.

Other local winners included:

*Marlene Corcoran *Masters Womens 7.5 km

Bittu Rupana High School Boys 7.5 km

*Victor Boisvert * Masters Mens 4 km

- Beaverlodge runners posted some good results in the Edmonton Marathon in late August. **John O'Donovan** won the 50-59 age group and placed 13th overall in 3:07. **Audrey Jewitt** also won her age group (60-69) with a 4:20, while daughter **Jill** dipped under 4 hours with a 3:59 clocking. Early in the month, Audrey finished second in the W60 half marathon at the World Masters Games.

Interview with Kathryn Stone
by Francis Plum

-Greetings, Kathryn. How are you doing?

K. Fine

-Kathryn, what makes you so fast?

K. I really don't feel that fast. I do keep a steady speed, and I do sharpening exercises.

- What are sharpening exercises?

K. They are quick fast runs, for warm ups before races and sometimes during the race.

- You seem to be running well with good results in both track and field and the cross-country, which are longer, and on tougher terrain. Do you have a favorite type of race?

K. Definitely the cross-country.

- What about the coming winter months? Do you keep training? What kind of training?

K. I cross-country ski, and I do run outdoors, except when it is too dark or too icy, or when it is too cold, like -40C.

- Seems to me you might you might be 'marathon material.' You had a really good result at the OBW ½ marathon cross country race on Sept. 4. It was a pretty tough course with lots of hill climbs and descents. Have you ever run a marathon before? Do you plan to run one soon?

K. I haven't run one yet, but I really want to run one later.

- Now for something on the lighter side. It seems to me your last name is sort of a paradox. A stone is usually something not moving. Have you ever thought of changing your name to "feather foot", or maybe "runs like cheetah"?

K. Ha Ha. No, I haven't decided but I will keep it in mind.

- You must have a good coach.

K. My dad coaches me. He sets both short term and long-term goals.

- Gary had a pretty good time at the ½ marathon.

K. Yes he did. We actually tried to finish together. We paced each other most of the race. At the end there was another girl coming up behind, so he told me to run ahead. I actually sort of sprinted to the finish; the last kilometer or so.

- Right on, way to go. Well thanks for the interview. Take care and train well.

K. Thank you

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

A song by Elvis if he was a runner

“tone of my shoes”

the tone of my shoes melds with
the note of it’s tread

no more blues to sing
this the King has said...

...there is a song as I
run under the autumn sun

...where is the music?
What are the words?
To the silent song of quiet

...the words are silent and quiet
as I rush to achieve a hush
in my heart..

I empty my rat-race heart of discomfort
I was full of wounds from poison darts
When I run the pain I shun

...there is a song as I

run with the moon as my friend
...I start to learn the words
from the stars it’s sent

...we are the butterfly – we are the sky
we do not fail because we try
our best to hear....

We learn the words of the tones
Of our shoes
Whether they’re white, black,
Red or blue

No more blues to sing

by Francis Plum

Check us out on the Web
www.wapitistriders.com

Track Sprint group

Esmie Calkins, two time Olympian and former National team member is continuing to conduct sprint training for JH and HS age kids. Sessions will be held at the Leisure Center indoor soccer pitch this winter. The group has 15 or so kids training at the moment. \$150.00 per three-month session. Basketball players and other team sports wanting to learn to run fast are also welcome. For more information phone Esmie 539-1752.

Banff – Jasper

Come to December’s executive meeting or contact Patrick Coppens or one of the executive if you are interested in running the Banff – Jasper relay next spring.

Quotes

If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken Him completely by surprise. ~P.Z. Pearce

The only reason I would take up jogging is so that I could hear heavy breathing again. ~Erma Bombeck

"You have to forget your last marathon before you try another. Your mind can't know what's coming." - Frank Shorter

We told our guys to hold on for 30 minutes of agony for 12 months of glory.

*Coach John McDonnell,
after Arkansas won the
1993 NCAA Cross
Country title*