

# The Grande Prairie Running FAQ

To kick off this year's series of running columns, let's start with a list of Frequently Asked Questions. Here's some answers to a few burning questions you might have:

## **Where's the best place to run in the Grande Prairie area?**

That has to be the Wapiti Nordic Ski Trails, 8 km south of town off Highway 40. There's endless kms of soft trails through the trees. Make sure you join the Ski Club if you're a regular user of these trails to pay for upkeep; summer memberships are only \$30 per person.

## **Ok, now that I've found a place to run, how can I find people to run with?**

Join the Wapiti Striders Running Club.

## **Sounds interesting, where can I find more information?**

The Wapiti Striders web site [www.wapitistriders.com](http://www.wapitistriders.com) has full details about joining the club, local running events, and regularly scheduled runs. The web site is updated frequently, so check back often. If you don't have access to the Internet, the Striders maintain an information display by the shoe wall at Ernie's Source for Sports.

## **Am I too slow to join the Wapiti Striders?**

Absolutely not. Everyone from beginning run/walkers to elite racers is welcomed to join.

## **Speaking of races, are there any local ones scheduled?**

You bet. The Brian Harms Memorial 3 mile/10 mile goes Sunday, May 29 and the Daily Herald Tribune Press Run is on June 12. In addition, the GPRC Wolves sponsor a x-country running series in the fall. Peace River, Dawson Creek, Tumbler Ridge, and Ft St John also host running events. And for those triathlon-inclined, the GP Triathlon is scheduled for the May long weekend.

## **How about track meets?**

Yep, we have those too. This year, there's an All Comers Meet on April 30 and the Peace Country Classic/Hershey Meet on May 14. The local schools also organize a few meets for their students.

## **What about a marathon?**

Not any more. The South Peace Marathon had a 15 year or so year run from the mid 80s through the late 90s, but it died when Bill Turnbull left town. However, if anyone is interested in organizing a new marathon (or any other running event for that matter), get a hold of the Wapiti Striders

## **Is there a good place in town to buy running shoes?**

Yes, at least 2 or 3 places; you don't need to go to Edmonton to buy gear. I'd encourage you to patronize the sponsors of local events.

## **You've been helpful so far, but the burning question everyone wants to know is how far is one lap around the Reservoir?**

Ah yes, this is truly the F in our Running FAQ. The answer is 2.75 kms if you do the full lap; 2.5 kms if you cut off over the dam. How do I know this? I've measured it with a wheel.

So now that most of your burning questions have been answered, get out there and RUN!!

### **Running Shorts**

- Wapiti Striders are holding a Community Fun Run on Tuesday, April 26 at 6:30 at the Muskoseepi Park Pavilion. Just show up and they'll organize groups by pace and distance. There's no charge for this event.
- The All Comers Track Meet is slated for Saturday, April 30 at the Legion Track. This low key meet is open to all ages and abilities. The All Comers is a good warm-up for the Peace Country Classic and Hershey Meet on May 14. See the Wapiti Striders web site for details and entry forms.
- Congrats to all the award winners at last night's GPRC Athletics Festival of Gold Awards banquets, especially the x-country runners!! **Coach Rick** and **Penny, Jamey, Melissa, Kyle, Trevor, THE Brady** and others - you accomplished a lot last season. I'm very proud of all of you.
- Good luck to **Wes Irwin** and the other 21 Comp and College runners headed to the Sun Run 10 km in Vancouver this weekend. With over 50,000 entries, the Sun Run is one of the largest road races in the world.