



Wapiti Striders Newsletter

June 2005

Greetings Fellow Runners
Another season of running is underway.

I was thinking the other day of how all these experts have their opinions and advice on how-to-run/ how-not-to-run/ how to improve your running etc., etc.

Some give scientific example and proof including complex equations including kinetics, kilojoules, inverse of gravitational pulls on your body, magnetics, tidal pull caused by the moon, etc. etc., ya-da, ya-da.

What really makes a good runner better than another? Speed? Distance? Style? I have never really concerned myself too much with all that. Some runners just take off in front of me and disappear down the road or the trail. I just assume they are in better shape or they are faster than me.

I just keep running while I think of the following thoughts...

Running is symmetrical- all
rhythm and rhyme

Running is poetic – smooth and
defined

In the spring and summer, leaves
are all in full bloom

Just keep running strong

do not fall back

Is there room in our lives for
running shoes?

Just keep running and energy
you will not lack.

Francis Plum, May 2005

Your Road club executives are:

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

The Track Club executives are:

President - Leonard Scharbach
Vice President - Bill Corcoran
Secretary – Trevor Clifford
Treasurer – Rick Scott
Officials' coordinator - Rick Scott

Club news

The next community fun run/walk is slated for **Tuesday, September 13** at 6:30 p.m. Meet at the Muskoseepi Park Pavilion. All ages and abilities are welcome. There is no charge. Run any distance or pace that you feel like. This is a great opportunity to meet other fitness-minded local people. A club executive meeting will follow at 7:30.

Races and events

The Seventh Annual Emperor's Challenge will be on Saturday, August 6th, 2005

Race start is 9 AM for walkers and runners, 9:10 AM for kids.

Total distance is 21.1 km, with the summit at 7.5 km. Total elevation gain is 2500 feet (762 metres). Kids' distance is 2.11 or 4.22 km with some elevation gain.

Wolves XC series

Sunday September 4 at the Wapiti Nordic Ski Trails. Marathon start at 8:30 am, 10 km and half marathon starts at 10 AM.

Saturday, September 10, 11:00 am
Grimshaw Gallop Queen Elizabeth Park

Contact: [Rafael Carias](#)
(780) 624-7211

Saturday September 17. 2:00 PM
Steve Burgess Memorial
At the Wapiti Nordic Ski Trails start by the old Chalet; parking right off of hwy 40 south.
Contact: [Rick Scott](#) 532-2764 or [Bill Corcoran](#) for details 538-2369

Sat, Sept 24, 11:00 am Ft. St.
John Grail Quest, [Grant Spelsberg](#) (250) 785-5733

Saturday, October 1, 11:00 am
Tumbler Ridge Ramble
Tumbler Ridge Golf Course
Tumbler Ridge BC
[Dr. Charles Helm](#) (250) 242-3984

Saturday October 8th 11:00 AM
Dawson Creek Sneak
Central Middle School
Dawson Creek BC

Friday, October 21, tentative
Fun run and Wolves Series Awards
Race is prior to the ASAA high school XC championships.
Wapiti Nordic Ski trails New Chalet.

Series info at:
<http://www.runquick.com/corcorn/01wseries.html>

Recent Race Results

Paul Oostra won his first **Daily Herald Tribune Press Run** in a convincing fashion. The 41 year old Grande Prairie resident ran away from 2004 DHT Press Run champion **Brady Turner** at the 6 km mark and cruised to victory in a time of 37:31. Turner held on for second place, stopping the clock at 38:25, 8 seconds up on third place finisher **Blaine Richter**.

Cont.

The womens race also had a first time champion. However, **Penny Thompson**, winner of last month' s Grande Prairie Triathlon and GPRC' s female athlete of the year, is hardly a stranger to the top step of the podium. Thompson immediately went to the front of the women' s field and never looked back recording a time of 40:32, over 2 1/2 minutes better than runner up **Megan Bernes**, who runs for Augustana University College in Camrose. Marlene Corcoran placed third.

The 3 km races were won by the brother/sister duo of **Jeremy and Sarah Popovitch**. Jeremy clocked 12:46 while Sarah' s time was 13:27.

A total of 62 athletes from Grande Prairie and area took part.

Club Members **Deneb Carias, Rigel Carias, Risa Iwasiuk, and Kathryn Stone** all distinguished themselves at the 2005 ASAA Track and Field Championships on June 3 and 4 in Edmonton.

Deneb won the Junior Boys 3000m and placed second in the 1500m. Sister Rigel was the Intermediate Girls Shot Put champion and added a bronze in the discus for good measure.

Risa recorded a pair of personal bests in the Junior Girls 1500 and 3000m on the way to 5th and 6th place finishes respectively. Risa also added a 7th place finish in the 800m.

Kathryn chased Risa in the 1500m and 3000m races, finishing right behind her in 6th and 7th places

Joe Radench won his third Ernies Sports Experts Brian Harms Memorial 10 mile road race on Sunday May 29. Under bright sunny skies, Radench, one of Alberta' s top triathletes, stopped the clock at 58:48, over 4.5 minutes ahead of the second place finisher Grande Prairie' **Paul Oostr**a. **Kyle Reynolds**, running his first ever road race, placed third.

Grande Prairie newcomer **Lisa Leduc** was almost equally as dominant in the women' s race. Leduc clocked a time of 1:15:50 almost 3 minutes better than **Alison Tucker** of Taylor BC, who placed second. **Jeanette Brooks** from Valleyview was third.

Other winners included:

Bill Corcoran Men' s 3 mile
Sara Scott Women' s 3 mile
Sarah Popovitch Girls 1 km
Jeremy Popovitch Boys 1 km

St. Gerards School took the school participation award.

A total of 69 athletes from across the Peace and Edmonton took part.

Interview with Deneb Carias

June 22, 2005 by Francis Plum

Hello Deneb. How are you today?

DENEb – Great!

I will get right to this interview. Was it thrilling when you realized you were going to win the gold medal in the 3000-meter race at the Edmonton Provincials in May?

DENEb Yes it was. I was pushing hard to break the record time of 8:58. I fell short by just thirty seconds.

Wow, that is close for 3000 meters. How about on Sunday with the 1500 meter race? Did you believe you could win a podium spot?

DENEb – I was actually worried – there was a runner who beat me by about 10 seconds earlier in the year. I wanted to beat him but he was too fast. He started quite fast. I tried to push hard. He ended up beating me by about 10 seconds.

That was a good try and interesting that it was by 10 seconds in both races. Congratulations on your wins. Any plans for the summer?

DENEb – I am going to the Legion Track and Field Camp. It is one week long. I have to make the standards to go to the National Team tryouts. Age splits are 12 – 15 and 16 - 17 year olds. I already have the standard time for selection, but I want to improve for the camp.

Right on! I hope they select you. Good luck in the tryouts.

DENEb – Thank you

Any advice for younger runners and runners in general?

DENEb – Work hard, have fun, stay away from unhealthy substances like drugs and alcohol.

Good advice – one last question. Are you famous in Grimshaw?

DENEb – I am not famous yet, but some people know about the provincial results. They haven't gone crazy yet. It hasn't gone to my head (being almost famous).

Again, I will say good luck on getting to the National Team Tryouts. Bye.

In winning the Zone 8 High School Junior boys 3000 meter Deneb broke a 13-year-old record held by Ryan Carrier from Hillside school by 34.5 seconds. Deneb's 3000 -meter time of 9:25.4 also surpasses the current zone 8 intermediate and senior boys records over the same distance.

At provincials Deneb won in a time of 9: 22.3, which is 24.5 seconds shy of the current provincial record for junior boys.

Other news:

Kathryn Stone earned a place on the track team for L'équipe d' Alberta at Les Jeux de la francophonie canadienne 2005 in Winnipeg from July 20 –24. She'll be competing in the 1500 and 3000m. Kathryn took gold in both these events at the Alberta Francophone games in May.

Summer Trail users of the Wapiti Nordic Ski centre trails are encouraged to purchase a membership that helps maintain the trails. Info at:

<http://www.wapitinordic.com/membership.html>

Check us out on the Web

www.wapitistriders.com