

# RUN MANITOBA

ISSUE 3

JUNE 2008

## ATHLETICS MANITOBA

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WINNPEG, MANITOBA  
R3C 4M2

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## ROAD RACE COMMITTEE

IF YOU ARE INTERESTED  
IN BECOMING INCOLCED,  
PLEASE CONTACT THE  
OFFICE!

KAREN FLETCHER  
MARILYN FRASER  
ROCKY MCKAY  
JOHN MURRAY  
ANDREA PACI  
KEN PERCHALUK  
PAT RIDDELL  
DIANA STEVENS  
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## STAFF

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PROGRAM MANAGER

**SHIRLEY ALLAN-  
BOUDREAU**  
COMMUNICATION &  
MEMBERSHIP  
COORDINATOR

## Boston Marathon Reflection

by Kathy Wiens

I decided to run the 2008 Boston Marathon because I would be running as a 50 year old and felt that it would be a good way to celebrate my entering into a new decade. I had run a good time at the Chicago Marathon in October 2006 and submitted that time to qualify.

I then went about recruiting my running friends to share the experience with me! Luckily two of my friends from the Road Kill Running Club, Cathy and Lisa decided to run as well and Andrea agreed to come with us as support crew. We would travel together and share a room not far from the finish line. My Boston dream was becoming a reality!

The Boston Marathon is a point-to-point race. The field is bussed out to a small town called Hopkington where the start line is situated and the runners race through many small hamlets on their way back to Boston. Getting to the start proved to be a marathon in itself. We arrived in Boston Common just before 7:00 am

to catch one of the many school buses waiting to transport us. After standing in a slow-moving line for an hour, we finally got on the bus and were on our way! However just before the Hopkington exit, our bus convoy ground to a halt in a long line of traffic. Hundreds of over-hydrated runners were now stuck on the side of the road for over



half an hour with not a port-a-potty to be found! Needless to say, many ended up on the side of the road relieving themselves! Finally the buses started to move and we arrived at the Athlete's Village in Hopkington. It was now 9:30 with the first wave of the race (which I was supposed to start in) starting at 10:00. I took one look at the port-a-potty line and realized that I was not going to make it. I felt devas-

tated as I had earned the right to start with the first wave based on my qualifying time and it was leaving me behind! But Cathy reminded me that it was chip-timed and that they would probably allow me to start in the front corral of the second wave starting at 10:30. So I stood for 40 minutes(!) in the "Potty line" and then began making my way to the start. I dropped my warm-up clothing in the bus marked with my corral number and began the long walk to the start corrals. By 10:20 I was standing in the first corral of the second wave—it had taken me 3 hours and 20 minutes to get to this point and I hadn't even started running yet!!!

Missing my start actually landed up being a fortuitous thing. I was able to stand at the front of a pack of thousands of runners and hear the last minute instructions and the starting gun! We were off, and I didn't have to wind my through throngs of runners in front of me. The last instructions from Coach Ken were ringing in my ears—"Don't go out too fast."



***“The Boston course is beautiful— we ran through many small towns and it seemed like every inhabitant is out on the street to cheer us all on!”***

The first half is downhill and it’s easy to go out too quickly and beat up your legs. Then you’ll have nothing left for the second half.” So I watched as many runners went by me and just kept thinking, “I’ll see you later!” He was right—even though I tried to keep a relaxed pace, the miles were going by more quickly than my training had prepared me for! But the hills brought me back to a more sensible speed although the first half is an overall decrease in elevation, the course is still a rolling one with very little of what a prairie girl like me would call “flat”!!

The Boston course is beautiful—we ran through many small towns and it seemed like every inhabitant is out on the street to cheer us on! Just before the halfway point, I noticed a weird sound in the distance that sounded like a dull roar. It got louder and louder until I realized that it was the sound of hundreds of girls screaming encouragement to the runners as they passed. These enthusiastic students of Wellesley College line the street in front of their

school high-fiving everyone and trying to see how many kisses they can get from the male runners! I couldn’t help myself—I was laughing and thoroughly enjoying their enthusiasm! And as I passed out of the town, I realized that my ears were literally ringing from the incredible noise level. After that the run seemed quite peaceful for a time.

At Mile 16 the work really begins. This is the area they call the Newton Hills and once again the locals are out to encourage you through it. There are many climbs in this area which culminates with Heartbreak Hill around Mile 20. Apparently years ago an American runner who was leading the marathon at this point was passed and when he was later interviewed about it he stated that “it broke his heart” when he realized that he had lost the race on that hill. Hence the name, “Heartbreak Hill”. It is also at a point in the race where many runners “hit the wall”. But once again the people of the area were out in huge numbers with signs encouraging you onward and upward. It was truly inspiring!

After Mile 21 you begin the gradual descent to Boston and the finish, although once again the “descent” is a rolling one. As you enter the city of Boston the crowds become larger and larger and it literally became a blur for me. I had been fighting several calf and hamstring cramps since Mile 16 and was

just praying that my legs would take me to the finish. Unfortunately I remember very little of the last few miles as I needed to become more and more inwardly focused in order to keep going. But I will never forget making that last turn onto Boylston Street and seeing the finish line banner about a half mile in the distance! It was too far!! But the huge crowds were urging me on and I crossed the finish line in 3:43 and change. I was elated—I had overcome injury and a terrible winter for running in Winnipeg and I had come through victorious!

But my marathon experience was not over yet! After I crossed the finish line I was escorted (I think it was more like held up!) by two wonderful people who made sure that I was okay, was given water, and then started the long walk down Boylston Street. First I was given a foil blanket to keep me warm and then further down the road I was given a little bag of food. I then continued on down the street until I came to an area where they took off your chip and hung your medal around your neck. It was then that we were given instructions as to where we could pick up our clothing. My bus ended up being what seemed like a mile from the finish line! All in all, it took about 45 minutes for me to get from the finish line to the area that most of the Manitobans had agreed to meet. When Andrea came out the crowd of people and gave me a big hug I realized it was finally over. Now the celebrating could begin!



## The Boston Marathon Finish Line





**REACH YOUR MAXIMUM POTENTIAL ..... STAY INJURY FREE!**

**ILIOTIBIAL BAND FRICTION SYNDROME**

If you've ever experienced this month's injury topic "**Iliotibial band friction syndrome**" (**ITB**) it is likely an experience you have not forgotten. The pain is a very sharp disabling pain and usually comes on when you're at mile 6 of your 12 mile run, the day you decide to run down a deserted country road looking for solitude. The problem is that the pain is **SO** bad that often you cannot take another step. The pain is felt at the outside or lateral side of the knee. The reason I'm so knowledgeable about this injury is that I've been unlucky enough to have experienced it myself!

*"Iliotibial band friction syndrome is due to an inflammatory response from dysfunctional repetitive movement of the ITB"*

The ITB is not a muscle. It is a thick band of tissue called fascia that starts on the outside of the hip, passes down the outside of the thigh and inserts into the side of the patella (knee cap) and the tibia, (shin bone). As well as arising from the iliac crest (hip bone) the ITB attaches into the gluteal muscles at the back and tensor fascia lata muscle at the front.

**Iliotibial band friction syndrome** is due to an inflammatory response from dysfunctional repetitive movement of the ITB. When we bend and straighten the knee this band passes over the lateral femoral condyle of the knee. If it is inflamed it becomes very painful during this movement.



## **CAUSES**

1. **Poor training surface i.e. crowned roads.**
2. **Improper footwear or recent change in footwear.**
3. **Sudden exposure to hill running.**
4. **An inappropriate increase in speed or mileage.**
5. **Pelvic imbalances including weakness of the hip abductors, dominance of the gluteal muscles.**
6. **Poor flexibility of lower extremity muscles.**

## **INCIDENCE**

Very prevalent in runners, more frequently in males. As high as 12% incidence of all running related overuse injuries.

## **PREVENTION**

Catch it early! If you feel discomfort on the outside of the knee when walking, running, going up stairs, etc. get it checked out! A little test you can do on yourself is to see if the pain decreases or goes away if you walk with a stiff legged gait. If it does, you likely have this syndrome.

## **TREATMENT – SEEK PROFESSIONAL HELP!**

1. **Ice** to decrease inflammation. At least 4 times per day for 10 minute intervals.
2. **Relative rest!** Alternate running with another activity to prevent further tissue damage and also achieve a training effect. i.e. elliptical trainer
3. **Modification of the intensity** of training session.
4. **Stretching exercises** to increase the flexibility of the piriformis muscle gluteal muscles and Iliotibial band.
5. **Physiotherapy treatment** may be useful to decrease inflammation and pain, to determine the cause, treat the problem, prevent reoccurrence and advise regarding treatments listed.



## **STRETCHES**

- Stretches must be done slowly and gradually. NO BOUNCING!
- Hold the stretch 15-90 seconds.
- MUST NOT BE PAINFUL!
- Repeat five times or more each stretch.
- Stretch often, especially before and after activity.
- Stretch both legs.

### **Piriformis Stretch**

Lie on your back. Straighten your right leg. Bring your left knee toward your right shoulder using your left hand. Then use your right hand and bring your left ankle toward your right shoulder. You should feel the stretch in your left buttock.

### **Iliotibial Band Stretch**

Standing with your left leg crossed behind your right leg. Side bend your upper body to the right. Feel the stretch on the left side of your leg and hip. This stretch can be a bit more difficult to feel and you may have to adjust your position slightly.

## **STRENGTHENING**

Once the acute painful stage has subsided, strengthening can be added in a controlled and graduated fashion. Start with 3 sets of 5 repetitions and progress to 3 sets of repetitions with increasing resistance with weights or theraband tubing.

**1. Side Lying Abduction**



**2. Side Lying 'Clamshells'**





**ARE YOU EXPERIENCING RUNNING INJURIES  
CONCERNED ABOUT FOOTWEAR?  
TIRED OF BEING TOLD TO STOP RUNNING?**

**IF SO**

**WE CAN HELP !!**

- **Stretching instructions.**
- **Physiotherapy treatment of running injuries.**
- **Treadmill analysis of footwear and running pattern.**
- **Athletics Manitoba members seen within 2 business days.**



**Stephanie Roberecki**, BMRPT has been a recreational runner for the past 28 years; including half marathons and full marathon distances.



**Trista Gammack**, BMRPT understands the importance of maintaining a healthy and active lifestyle; running, soccer, and down hill skiing are her passions.

**Congratulations to the following races  
on hosting successful events! For  
complete results visit  
[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)**

**April 13:** PUMA ROAD RUNNING SERIES FOR HEMOPHILIA  
TIMEX #1: 5KM

**April 20:** PUMA ROAD RUNNING SERIES FOR HEMOPHILIA  
TIMEX #2: 10KM

**April 27:** PUMA ROAD RUNNING SERIES FOR HEMOPHILIA  
TIMEX #3: 15KM

**May 3:** PHYSIO FIT RUN - TIMEX #4 : 10KM  
RUN AT THE RIDGE

**May 10:** HEADINGLEY FIRE DEPT FUN RUN FOR WISHES  
TIMEX #5: 5KM

**May 25:** BRANDON YMCA SPRING WALK OR RUN  
TIMEX #6: HALF MARATHON RACE



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# 2008 ROAD RACE CALENDAR

## JUNE

Sun 1 **Run with Me ... 4NF**

10km & 5km

Minnedosa Beach, Manitoba

Tracy Gregorash—867-3219 Charlie Menard—867-3751

[www.mbnf.ca](http://www.mbnf.ca)

Sat 7 **Run for Rights**

5km; 10km 9:30am

Kildonan Park

Allan Beach

668- 7668; 791-6426

[abeach@mts.net](mailto:abeach@mts.net)

Sun 15 **Manitoba Marathon**

**AM Provincial Marathon Championships**

Half Marathon Relay, 10km fun walk, 4.2 fun super run,

Wheelchair half & full

University of Manitoba 7:00 am

925-5751

[www.manitobamarathon.mb.ca](http://www.manitobamarathon.mb.ca)

## JULY

Tue 1 **HBC RUN FOR CANADA**

10km race (8:00 am) , 3km family fun walk (10:00 am)

**1km kids Provincial Championship (9:30 am)**

Assiniboine Park

Pat Riddell 669-2218

[www.hbcrunforcanada.com](http://www.hbcrunforcanada.com)

Sun 13 **GRAND BEACH SUN RUN**

**Timex #7: 10 km race**

5km fun run

Grand Beach Provincial Park, West Beach 8:30am

Sandra Marriott-Silver 254-4731

[smsilver@wrha.mb.ca](mailto:smsilver@wrha.mb.ca)

Sat 26 **BEACHES HALF MARATHON**

**Timex #8: Half Marathon**

10km Run

Hillside Beach

Natasha Smith (204) 756-3868

[natasha@beacheshalfmarathon.ca](mailto:natasha@beacheshalfmarathon.ca)

[www.beacheshalfmarathon](http://www.beacheshalfmarathon)

## AUGUST

Sun 3 **ISLENDINGADAGURINN**

**Timex #9: 10 mile (16 km) race**

1 mile family fun run

10 mile – Winnipeg Beach to Gimli 8:00 am

1 mile – Pavilion Park, Gimli 8:30 am

Amanda Younka 488-9833

Sun 17 **RON MELNICHUK MEMORIAL RUN**

**Timex #10; Half Marathon Race & AM Provincial Half Marathon Championship**

5km fun run

Birds Hill Park

Jack Booth - 781-5866 (cell); (204) 422-5248

Ken Friesen – 477-4975

[stride@mts.net](mailto:stride@mts.net)

# 2008 Road Running Calendar

## SEPTEMBER

Sun 7 Investors Group Walk/Run for Children

Timex #11 5km &

AM Provincial 5km Championship

Location to be announced

8:00 am – 5km; 8:10 am – 10km Fun Run; 8:30 am  
– 3km Family Fun Run

Andrew Beer – 956-8191

[shwalkr@investorsgroup.com](mailto:shwalkr@investorsgroup.com)

Sun 21 CN TRACKS OF GLORY

Timex #12: 10 km race & AM

Provincial 10km Championship

5km family fun run

Assiniboine Park (Duck Pond)

10:00 am

Kathryn Sawatzky 231-7718

[kathryn.sawatzky@cn.ca](mailto:kathryn.sawatzky@cn.ca)

Sun 14 Treherne Marathon – Run for the Hills

Marathon; Half-Marathon; 10km race (timed); 10km  
fun walk – all races 8:00 am start time

Gary Lodwick (204)723-2542 (W); (204)723-2132  
(H); (204) 723-0051 (C)

[trehermemarathon@mts.net](mailto:trehermemarathon@mts.net)

[www.runningroom.com](http://www.runningroom.com)

## OCTOBER

Sat 4 Race for Your Heart

Hi-Speed Hounds Greyhound Rescue and  
Adoption Inc.

Portage la Prairie

5km Fun Run; 10km; ½ Marathon

Michaela Lamoureux 774-2076

Murray Rose

[Ronco1@shaw.ca](mailto:Ronco1@shaw.ca)

Sat 11 TransCanada 10km Canadian Championships

Timex 10 km Canadian Championships

Ottawa, Ontario

### Volunteer Opportunities!

There are ongoing volunteer opportunities within the Road Running Community. If you have some time to help out at races or want to get involved in the Run Manitoba Committee please contact the office for details!

# 2008 RUN MANITOBA MEMBERSHIP

For Office Use Only: ATHLETICS CANADA # \_\_\_\_\_

Name (Last, First): \_\_\_\_\_

Address: \_\_\_\_\_ Phone (H) \_\_\_\_\_ (B) \_\_\_\_\_

\_\_\_\_\_ (Alt) \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail \_\_\_\_\_ (hotmail accounts have restrictions and may not receive all documents)

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender  M  F Club Membership \_\_\_\_\_ (If applicable)  
DD MM YR

Place of Employment / School \_\_\_\_\_ Position / Degree \_\_\_\_\_

As an alternative to the individual membership for \$25.00, Athletics Manitoba offers family memberships for \$30.00.

Road Runner membership cards can be purchased from Athletics Manitoba in person or by mailing the completed form along with a cheque to cover the cost of membership. Make cheques payable to Athletics Manitoba.

Please check only one box per line.

ROAD RUNNER MEMBERSHIP FEES			
Name	M/F	Date of Birth (DD/MM/YR)	Membership Only
1 <sup>ST</sup> FAMILY MEMBER			⊕ \$25.00
2 <sup>ND</sup> FAMILY MEMBER			⊕ \$5.00
3 <sup>RD</sup> FAMILY MEMBER			⊕ FREE
4 <sup>TH</sup> FAMILY MEMBER			⊕ FREE
5 <sup>TH</sup> FAMILY MEMBER			⊕ FREE
6 <sup>TH</sup> FAMILY MEMBER			⊕ FREE
(ALL FEES ARE NON-REFUNDABLE)		Total ^	=

### Membership Benefits

- Membership with Athletics Manitoba and Athletics Canada
- Full year accident insurance for racing AND training
- Point accumulation in the Timex Road Race Series
- Eligibility for Provincial Championships and Teams
- Through Athletics Manitoba, eligibility for awards, grants, funding and programs
- Road Running & Athletics Manitoba

Your name and address information, including email address, will be used to correspond with you regarding your membership, and to send you information about current and future Athletics Manitoba events and information. Athletics Manitoba may also contact you to conduct research and surveys in an effort to continually improve our programs and events. We also maintain and publish records of athletics and road race results. Your personal information will not be used for any other purpose without your consent. You may withdraw your consent to any further collection, use or disclosure of information about you at any time by giving us reasonable notice.

From time to time, Athletics Manitoba makes its contact information available to other carefully screened organizations (primarily sport organizations) that want to let you know about an event or service that might interest you. If you do not want your contact information to be made available to third parties, please check this box.

### Athletics Manitoba Sport Safety / Acknowledgement of Risk (this statement is part of the application for membership)

The responsibility for sport safety must be shared by all. I, the undersigned, am aware that there is a certain risk of injury involved in my own or my child's participation in sport, either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/approved by Athletics Manitoba, its Divisions, its Member Clubs or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child I assume the shared responsibility and acknowledge the risk of injury by so participating.

\_\_\_\_\_  
 Applicant signature – ALL applicants must sign

\_\_\_\_\_  
 Parent / Guardian signature – For applicants 18 and younger