

RUN MANITOBA

ISSUE 5

FALL 2008

ATHLETICS MANITOBA

214-200 MAIN STREET-
WINNPEG, MANITOBA
R3C 4M2

OFFICE HOURS:
MONDAY-FRIDAY
8:30AM-4:30PM

PHONE: 204-925-5743

FAX: 204-925-5792

E-MAIL:

ATHLEICSMB@SHAW.CA
WWW.ATHLETICSMANITOBA.COM

ROAD RACE COMMITTEE

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

MARILYN FRASER
ROCKY MCKAY
JOHN MURRAY
ANDREA PACI
KEN PERCHALUK
PAT RIDDELL
DIANA STEVENS
JEFF VINCE
KATHY WIENS

STAFF

ROB GUY- MANAGING
DIRECTOR

DIANA STEVENS -
PROGRAM MANAGER

SHIRLEY ALLAN-
BOUDREAU
COMMUNICATION &
MEMBERSHIP
COORDINATOR

Conquering the Great Wall of China!

Georgine Cook



It was only during the mandatory "walk" of the wall portion of the Great Wall "race" on Thursday that I remembered my fear of heights. Too late! Compound the queasiness with less than three hours of sleep since we had arrived in our Beijing hotel. Basically we were on our own 18 day tour of China and Japan, starting in Hong Kong, then Guilin for a half day Li River cruise to arrive in Beijing only a few hours before the first trip to the wall. Departure time from the Beijing hotel apparently was 4:30 am for the 1.5 hour chartered bus ride to the start/finish staging area. "Apparently" was the key word since both the hotel concierge and the tour director neglected to notify or wake us up. All ended well after a frantic taxi ride to catch the waiting tour bus en route. Thanks to (other people)

cell phones!

From start to finish, it was an experience. Both the start and finish line were in an interesting old fort area with a view of a couple of portions of the wall.

Clearly this geographical area was not the reconstructed high class tourist venue. While breathtaking scenery surrounded us, we rarely had two consecutive steps of equal heights and plenty of very rough footing. Still, during the real race on Saturday, I found a short area of wall where it was flat enough to **run**. Otherwise, for those 3.5km on the wall we had horrendous stairs, uneven footing and bottlenecks ending with a goat trail! Rarely was the terrain flat but after the fort staging area, the 5km to the start of the wall, albeit on asphalt, was quite a climb. We were bussed this far on Thursday for the

mandatory walk of the wall during which we were encouraged to take our photos to prevent that potential hassle on race day. As we were trudging a particularly rough portion of the Great Wall, my son dead panned, "Whose idea was this?" Still, by the time I could laugh about the footing and really did overcome the fear of heights, I totally appreciated a dream coming true.

After the wall portion we passed through the now familiar for area, followed the same asphalt road and beyond, crossed a shallow river to wind through a couple of villages and negotiated paths through orchards. The locals were a delight, cheering us on. By the time we could *not* pass a Chinese woman shouldering a long stick with water pails on each end, on a

Continued on page 2

The uniqueness of every step, compounded by doing this run with my son ... was what mattered. ... I think any parent would appreciate my joy of this adventure with my son.

Narrow path onto a steep incline, our time so did *not* matter.

The uniqueness of every step, compounded by doing this run with my son who had never run more than a 10km race and perhaps a long run of 10 miles, was what mattered. When we finished, in a time that was slower than any marathon I have done, I felt the thrill of a lifetime—at least in 27 years of running. I think any parent would appreciate my joy of this adventure with my son.

Never have subs, fruit and beer tasted so good! Never has a massage felt so good. Never has an adventure been so good. And we still had 9 days left for Beijing, Terra cotta warriors, Shanghai and Tokyo. Finally, same son quipped, “Where is the next run ... What’s next?” Does it get any better?!



2008 Run Manitoba Awards

The Athletics Manitoba Awards Brunch was held on Sunday, November 9th at the Assiniboine Gordon Inn on the Park.

Road runners were recognized in the Timex Series in the youth category as well as age class categories. Recognition was also given to the fastest aggregate time overall, overall Timex points and fastest age graded aggregate time. We also awarded two Mighty Mouse Awards in recognition of athletes who competed in all Timex road races in 2008 and also announced the overall female and male road runners of the year.

Thank you to Marilyn Fraser, Ken Perchaluk and Jeff Vince for helping with the award presentations.

Congratulations to all of our award winners!

TIMEX[®]
NATIONAL ROAD RACE SERIES



2008 Jersey Award Winners
Fastest Aggregate Time Overall—Yellow Jersey
Amanda Younka Aldo Furlan
Overall Timex Point Winners—Red Jersey
Gwen Bonneville Tim Magas
Fastest Age Graded Aggregate Time Overall—Green Jersey
Audrey Goertzen Leon Clegg



Youth Series
12 & Under
Robert Young—1st
Kyle Saunders—2nd
13-14 Year Olds
Kristin Bilous—1st
Andrew Lawler—1st
Ben Paterson—2nd
15-17 Year Olds
1st—John Lawler

2008 TIMEX Point Winners



15-19 Year Olds

1st Richelle Ready
1st Colton DeVos 2nd John Lawler 3rd Dillon McTaggart



25-29 Year Olds

1st—Randi Keefe 2nd Darolyn Walker
1st—Bradley Keefe 2nd—Brian Walker



30-34 Year Olds

1st Camille Jones
1st Greg Penner



35-39 Year Olds

1st— Amanda Younka 2nd Meeghan West 3rd Petra Carlisle
1st—Chris Harbeck 2nd—Andrew Swan



40-44 Year Olds

1st Audrey Goertzen, Andrea Paci, Monica Young
1st— Aldo Furlan 2nd Tim Magas 3rd Darcy Ready





**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.



45-49 Year Olds

1st Jean-Pierre Grolet 2nd Keith Bilous 3rd Michael McGovern



50-54 Year Olds

1st Gwen Bonneville 2nd Dorothy McColl
1st Randal Bodner 2nd David Lawler



50-54 Year Olds

1st Darlene Warner

60-64 Year Olds

1st Leon Clegg 2nd Jeff Vince 3rd Bob Doolan

Thank you to City Park Runners
for their support of Road Running in 2008!

It matters!



- It matters to us...that you like to be treated with respect and kindness.
- It matters to us...that your shoes are fit properly.
- It matters to us...that we give back to our community.
- At City Park Runners, our customers matter to us!

2091 Portage Avenue

ph: 837-9242

www.cityparkrunners.com

fx: 837-9272



65-69 Year Olds
1st—Georgine Cook
1st Jim Glasier 2nd Jim Anderson 3rd Jim Cook



70-74 Year Olds
1st—Ed Klassen 2nd Al Myska



75-59 Year Olds
1st— George Chapman



ROAD RUNNERS OF THE YEAR
Amanda Younka—Janice Gill Memorial Trophy for Top Female
Jeff Vince—Top Male

Congratulations to Gwen Bonneville and Tim Magas who were awarded the Mighty Mouse Award in recognition of running all TIMEX road races in 2008!

2009 RUN MANITOBA TENTATIVE SCHEDULE

Sunday, April 5th	Puma 5km	Assiniboine Park
Sunday, April 19th	Puma 10km	Assiniboine Park
Sunday, April 26th	Puma 15km	Assiniboine Park
Saturday, May 2nd	Run at the Ridge	Whyte Ridge School
Sunday, May 3rd	Police Half Marathon	Assiniboine Park
Saturday, May 9th	Physio Fit Run	Assiniboine Park
Saturday, May 30th	Headingley Run for Wishes	Headingley
Sunday, May 31st	Brandon Half Marathon	Brandon
Saturday, June 6th	Run for Rights	Kildonan Park
Saturday, June 6th	Run 4 Me...4NF	Minnedosa
Sunday, June 7th	Debra Supene Run	Location TBA
Sunday, June 21	Manitoba Marathon	University of Manitoba
Wednesday, July 1st	HBC Run for Canada	Assiniboine Park
Sunday, July 12th	Grand Beach Sun Run	Grand Beach
Saturday, July 25th	Beaches Half Marathon	Hillside Beach
Sunday, August 2nd	Islendingadagurinn	Gimli
Sunday, August 16th	Ron Melnichuk Half Marathon	Birds Hill Park
Sunday, September 13th	Treherne Marathon	Treherne
Sunday, September 20th	CN Tracks of Glory	Assiniboine Park
Saturday, October 3rd	Race for Your Heart	Portage la Prairie



2009 MANITOBA RUNNERS' ASSOCIATION TENTATIVE GRAND PRIX SCHEDULE

February 13 (GP #1)	Frostbite Festival 5km Run & 3km Fun Walk/Run 7pm Location TBA
April 12 (GP #2)	Pace Setter Prediction Run 10:00 am St. Vital Park
May 10 (GP#3)	Women Running for Women 8km, 5km and 2.5 km 9:00 am St. Vital Park
May 24 (GP#4)	Commit to Get Fit Fun 5km & 10km 9:00 am Wellness Institute
May 31 (GP#5)	Air Force Run 1/2 Marathon, 10km, 5km 9:00 am Assiniboine Park
June 13 (GP#6)	Niverville 10km Race & 5km/2.5km Fun Run/Walk 8:30 am Niverville
October 12 (GP#7)	Linden Woods Fall Classic 10km Race/5km Fun Run 8:45 am Van Welleghem School

Winnipeg Police Service Half Marathon 5th Annual
Winnipeg, MB

Hi Gang,

Due to lots of requests (and a lousy location and lousier roads on Wednesday) we will host one last chance to buy some WPS Race merchandise on Friday Dec. 19 from noon-6pm in the media room of the Public Safety Building at 151 Princess (Police Headquarters).

This is the only way to buy this stuff, I can not respond to all the emails for other arrangements as all this stuff is kept in storage and as tax payers, you dont want me to be running t shirts around town while I should be working!

So, we have some good stuff left, great deals on the fleeces to get rid of those (less than cost), blue, yellow, black and grey Zorrel running shirt in all sizes, and still have XXL and Med in the long sleeve white Zorrel. There are small dog collars, leashes, toques, running hats and coffee mugs still around too!

If we can not sell all this stuff, we will be forced to seek a bailout from the federal government.

Merry Christmas,

Nick

2009 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 _____

Cash, cheque or credit card payment options are available.

Name	Gender (M/F)	Date of Birth (day/month/year)	Membership Fee	Member #
1 st Family Member			\$25.00	
2 nd Family Member			\$5.00	
3 rd Family Member			\$5.00	
4 th Family Member			\$5.00	
5 th Family Member			\$5.00	
6 th Family Member			\$5.00	
All fees are non-refundable		Total		
Payment Method: Cash/cheque/Credit Card				

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
- Eligibility for awards, grants and funding programs

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



2008 Road Running Forum

The first annual road running forum was held on Thursday, November 13, 2008 at Sport Manitoba. The purpose of the meeting was to give opportunity for race directors and road runners to voice their ideas and comments on road running in the province. Thank you to John Murray from the Run Manitoba Committee for facilitating this event.

We hope that this will be an annual forum to help promote and grow the sport of road running in Manitoba. If you have any suggestions on how we can better serve you or promote the sport of road running please contact Athletics Manitoba at (204) 925-5743.

The following are the topics that were discussed:

BIG IDEAS

- Locations
- Race promotion
- Distance progressions
- Times and dates
- Youth promotion
- Create more participation
- Time limits on races
- Numbers of races, (half marathons?)
- Race Fee issues
- Growing development enjoyment
- Charity fundraising

TOP FIVE TOPICS DISCUSSED

- Race Youth Participation, Promotion
- Race fee, Charities, Fundraising
- Distance Progressions, Number of races
- Times, Dates, Locations/Time limits
- Growth, Development. Love of Running

If you would like a complete summary of the forum please contact Diana Stevens at diana_stevens@shaw.ca

*On behalf of the staff of Athletics Manitoba
and the Run Manitoba Committee
we wish all of you the very best for the Holiday Season!*