

# RUN MANITOBA

ISSUE 4

JULY/AUGUST 2008

## ATHLETICS MANITOBA

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WINNEPEG, MANITOBA  
R3C 4M2

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

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ATHLEICSMB@SHAW.CA  
ATHLETICSMANI-  
TOBA.COM

## 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  
JEFF VINCE  
KATHY WIENS

## STAFF

ROB GUY- MANAGING  
DIRECTOR

DIANA STEVENS -  
PROGRAM MANAGER

SHIRLEY ALLAN-  
BOUDREAU  
COMMUNICATION &  
MEMBERSHIP  
COORDINATOR

## How Greyhounds Raced Into My Heart!

Michaela Lamoureux

It was never my dream to own a Greyhound, nor was it on my 'to do list' of things I wanted to accomplish in my life. I had travelled the world, gone skydiving, ridden motorcycles and run marathons but owning a Greyhound? I didn't even want to own a dog! But God obviously had other plans.

I had been a bus driver for the City of Winnipeg but after an injury I could no longer work. When I left in 2000, there was definitely a void in my life.

A friend mentioned that there were two Greyhounds in a pet store; quite an unusual breed. It would be interesting just to see them. After a lot of coaxing from my daughter, we took a peek and it was love a first sight! Two weeks later we brought Speedy home. He turned out to be a Coyote hound, bred in Alberta to kill the wolves and coyotes that were killing farmer's livestock. I was constantly asked if he was rescued from a race track, but to be honest, I really knew very little about Greyhound racing and I certainly was not aware that one could get a track Grey-

hound in Winnipeg. I began doing research and what I found out made me ill and upset. Thousands of Greyhounds lost their lives or simply disappeared after no longer being profitable, many dying horrific deaths and living lives of abuse and neglect totally void of any human affection.

The sport of Greyhound racing was a huge business all over the world with countries holding racing licenses that could not even feed their own people. One could only imagine what could happen to these poor dogs.

Nearly a year later we brought home our first retired racing Greyhound. Moe (Fast N Fearsome) changed my life forever. This beautiful, gentle, sweet creature brought the track home and a passion was born. One week later Hal (Hal E Bear E) arrived from another organization; he had broken his pelvis in Colorado and was still recovering. He too, won our hearts.

A year later, in December 2004, I drove to Minneapolis in a blinding snowstorm to pick up my very first load

of dogs and soon had my first adoptions. With the help of many wonderful people we became an incorporated non-profit organization in August 2005 and officially became a registered charity in January of 2007.

To date we have rescued nearly one hundred Greyhounds and we have had the pleasure of meeting some truly incredible people. We have the good fortune of working with great people in the racing industry; people that love their dogs and genuinely care about what happens to them.

Throughout the years I continued running and often on a run would wonder if there was a way to connect my passion for running with our ever present fundraising efforts. It was during one of my runs that I got the idea for "Race for Your Heart." I had always loved running and missed being part of the running community. I was excited at the prospects of combining the two with the possibility of raising money for our Greyhounds.

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The "Race for Your Heart" became a reality on October 14, 2006. The race gets its name from the term rescue organizations sometimes use to "let a greyhound race into your heart." Our first year was a near disaster as someone moved our directional signs. It was a crushing blow after all the hard work. I was really surprised when positive feedback began to filter in despite the problems.

The race in 2007 went off without a hitch! Everything was near perfect and we were ecstatic. The money raised helped pay our vet bills and bring nine beautiful deserving Greyhounds together with

Adoptive families here in Manitoba.

We are excited about the 2008 race that will be held on October 4th in Portage la Prairie. We welcome Murray Rose as our co-race director this year and thank him and Steve Gajerski for all their time and effort on behalf of the race.

Our race offers a beautiful fast flat course, Starbucks coffee, Boston pizza and finisher medals for all participants. Our t-shirts are by donation and this year's edition should prove to be the cutest ever!

Please plan to join us for a great run and a great course!

For further information please contact:

**Michaela Lamoureux**  
**(204) 219-4029**  
**ronco1@shaw.ca**

*This year's race is dedicated to ADF Turmoil (Sweet Cheeks) who died suddenly and unexpectedly on August 12, 2008 of Tick Borne Illness (TBD). Cheeky girl, your death will not be in vain!*



**Hi Speed Hounds is a non-profit, all volunteer Greyhound rescue organization located in Winnipeg. Thousands of Greyhounds retire each year when they are no longer competitive. We strive to educate the public and potential adopters about these gentle, loving dogs and place them into permanent loving homes.**

## Running slows the aging clock, Stanford researches find

By Erin Digitale

STANFORD, California— Regular running slows the effects of aging, according to a new study from the Stanford University School of Medicine that has tracked 500 older runners for more than 20 years. Elderly runners have fewer disabilities, a longer span of active life and are half as likely as aging non-runners to die early deaths, research found.

“The study has a very pro-exercise message,” said James Fries, MD, an emeritus professor of medicine at the medical school and the study’s senior author. “If you had to pick one thing to make people healthier as they age, it would be aerobic exercise.” The new findings appear in the August 11 issue of the *Archives of Internal Medicine*.

When Fries and his team began this research in 1984, many scientists thought vigorous exercise would do older folks more harm than good. Some feared the long-term effect of the then-new jogging craze would be floods of orthopedic injuries, with older runners permanently hobbled by their exercise habit. Fries had a different hypothesis: he thought regular exercise would extend high-quality, disability-free life. Keeping the body moving, he speculated, wouldn’t necessarily extend longevity, but it would compress the period at the end of life when people couldn’t carry out daily tasks on their own. That idea came to be known as “the compression of morbidity theory.”

Fries’ team began tracking 538 runners over age 50, comparing them to a similar group of non-runners. The subjects now in their 70’s and 80’s, have answered yearly questionnaires about their ability to perform everyday activities such as walking, dressing and grooming, getting out of a chair and gripping objects. The researchers have used national death records to learn which participants die, and why. Nineteen years into the study, 34 percent of the non-runners had died, compared to only 15 percent of the runners.

At the beginning of the study, the runners ran an average of about four hours a week. After 21 years, their running time declined to an average of 76 minutes per week, but they were still seeing health benefits from running.

On average both groups in the study became more disabled after 21 years of aging, but for runners the onset of disability started later.

“Runners’ initial disability was 16 years later than non-runners,” Fries said. “By and large, the runners have stayed healthy.”

Not only did running delay disability, but the gap between runners’ and non-runners’ abilities got bigger with time.

“We did not expect this,” Fries said, noting that the increasing gap between the groups has been apparent for several years now. “The health benefits of exercise are greater than we thought.”

Fries was surprised that the gap between runners and non-runners continues to widen even as his subjects entered their ninth decade of life. The effect was probably due to runners’ greater lean body mass and healthier habits in general, he said. “We don’t think this effect can go on forever,” Fries added. “We know that deaths come one to a customer. Eventually we will have a 100 percent mortality rate in both groups.”

But so far, the effect of running on delaying death has been more dramatic than the scientist expected. Not surprisingly, running has slowed cardiovascular deaths. However, it has also been associated with fewer early deaths from cancer, neurological disease, infections and other causes.

And the dire injury predictions other scientists made for runners has fallen completely flat. Fries and his colleagues published a companion paper in the August issue of the *American Journal of Preventive Medicine* showing running was not associated with greater rates of osteoarthritis in their elderly runners. Runners also do not require more total knee replacements than non-runners, Fries said.

“Running straight ahead without pain is not harmful,” he said, adding that running seems safer for the joints than high impact sports such as football, or unnatural motions like standing *en pointe* in ballet.

“When we first began, there was skepticism about our ideas,” Fries said. “Now, many other findings go in the same direction.”

Fries, 69, takes his own advice on aging: he’s an accomplished runner, mountaineer and outdoor adventurer.

Hanging on his office wall is a photo he jokingly describes as “me, running around the world in two minutes.” In the dazzling image of blue sky and white ice, Fries makes a tiny lap around the North Pole.

Fries collaborated with Stanford colleagues Eliza Chakravarty, MD, MS, an associate professor of medicine; Helene Jubert, PhD, a researcher now retired from Stanford, and Vijaya Lingala, PhD, a research software developer. The research was supported by grants from the National Institute of Arthritis and Musculoskeletal and Skin Diseases and by the National Institute of Aging.



# 2008 Cross Country/Distance Clinic

Saturday, September 20th

Assiniboine Gordon Inn on the Park

1975 Portage Ave

Athletics Manitoba is pleased to present a one day clinic to help athletes (juvenile and older) and coaches in their cross country and distance training. The \$40.00 registration fee includes lunch and a long sleeve t-shirt.

Registration deadline is Monday, September 15, 2008.

## Schedule and Speakers

9:00 am—9:30 am	<b>Coffee and Registration</b>	
9:30 am—10:30 am	<b>Introduction</b>	<b>Dean Kriellars</b>
10:45 am—12:00 pm	<b>Laying the Foundation</b>	<b>Chris McCubbins</b>
12:00pm—1:00 pm	<b>Lunch</b>	
1:00 pm—2:00 pm	<b>Injury Prevention</b>	<b>Paul Hrynkow</b>
2:00 pm—3:00 pm	<b>Cross Country Training</b>	<b>Claude Berube</b>
3:00 pm—4:00 pm	<b>Equipment Presentation</b>	<b>Erick Oland</b>
4:00 pm—4:45 pm	<b>Run in the Park</b>	

If you have any questions please contact Rob Guy at 925-5745.

All Run Manitoba Members are invited to participate in the Athletics Manitoba

Age Class Cross Country Championships

on Saturday, October 18th at Kilcona Park.

## Registration Form

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Road Runner: \_\_\_\_\_ Club Member: \_\_\_\_\_ School Member: \_\_\_\_\_

T-Shirt Size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X Large \_\_\_\_\_ XX Large \_\_\_\_\_



**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)**

- June 1: Run With Me...4NF 5km & 10km
- June 7: Run for Rights
- June 15: Manitoba Marathon
  
- July 1: HBC Run for Canada
- July 13: Grand Beach Sun Run
- July 26: Beaches Half Marathon
- Aug 3: Islendingadagurinn
- Aug 17: Ron Melnichuk Memorial Run

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- It matters to us...that your shoes are fit properly.
- It matters to us...that we give back to our community.
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2091 Portage Avenue

ph: 837-9242

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

fx: 837-9272

# 2008 ROAD RACE 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 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)  
[trehernemarathon@mts.net](mailto:trehernemarathon@mts.net)  
[www.runningroom.com](http://www.runningroom.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)

## 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 18 **Athletics Manitoba**  
**Cross Country Championships**  
 Kilcona Park  
 Rob Guy—925-5745  
[robguy@mts.net](mailto:robguy@mts.net)

Sat 18 **TransCanada 10km Canadian**  
**Championships**  
**Timex 10 km Canadian Champ-**  
**ionships**  
 Ottawa, Ontario

*Thank you to all the race directors  
 for their hard work and dedication  
 in organizing safe and enjoyable  
 races in 2008!*

### Athletics Manitoba Provincial Cross Country Championships

Saturday, October 18, 2008

#### Individual & Club Championships

Kilcona Park

Pee Wee through Masters age classifications

\$5.00 for individual prior to October 10, 2008  
 (late entry fee is \$10.00)

For further information please visit  
[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)



## 2008 Road Running Awards

### NEW FOR 2008!

The Run Manitoba Awards will be held in conjunction  
with the Athletics Manitoba Awards Brunch on

Sunday, November 9, 2008

at the Assiniboine Gordon Inn on the Park

1975 Portage Ave

11:00 am

Cost \$20.00 per person

Award winners receive a free ticket  
(notification will be sent out by the end of October)

To reserve your tickets please call  
Diana Stevens at (204) 925-5744

# 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 <sup>L</sup> M <sup>L</sup> 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. <sup>L</sup>

### 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