

RoadWorthy

www.reginaroadrunners.ca



2005 AGM

Please join us on February 23 ,2005 at the COPPER KETTLE on Scarth Street , 6.30 pm for the Annual General Meeting. There will be Pizza and lots to discuss. Bring your ideas and enjoy the evening. !!!!!!!!!!!

Rhino Run 2004

. Thanks so much to Gay and Mike for coming out for the Rhinos. People donated CAD175.00 ! What a fantastic turnout. Here are the participants.

2004 Rhino Runners
Darrall Baiton, Lynn Baiton, Wyatt Baiton, Jim Bichel, Vinh Hoang, Barry Hopkins, Craig Johnson, Milos Kostic, Tom Maher, Doug McKenzie, Laura Moltz, Holly Mucha, Gay Renouf, Mike Renouf, Enio Ricci, Lee-Ann Ricci, Charla Sebastian, Jennifer Taylor, Bev Weston, Shirley Wong
And thanks to Vinh and his electronic toy we now know the run was 6.2 km (unless you were one of the ones who c h e a t e d) .

We will present the money in person in February to:

Khama Rhino Sanctuary.

Thanks again to you and all who turned out. Best wishes & happy bagel eating to all,

Jeanette & Robb Taylor



RRR Rhinos



It's back !

Catchy title isn't it? Well its about time that you got another issue of Roadworthy . The delay was due to a virus which knocked out every program I ever had and left me with :

“The Black Screen Of Death” . Thanks to Larry Lang for restoring everything.

Hope everyone had a great Holiday Season and here's to a great year ahead.

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Coming Soon !!

Be sure to mark these upcoming events on your calendar....

-Regina Police Half Marathon – April 17

-Spring Splash and Sprint Indoor Duathlon :Saturday, March 5th, 2005 750 m swim, 5 km run

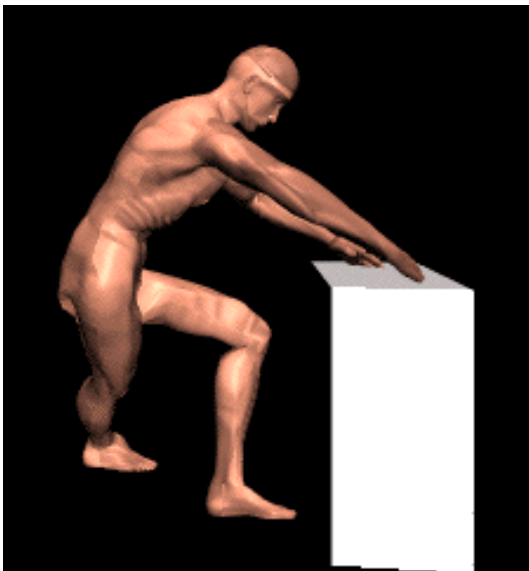
Member tidbits

New member Tim Gross ran in the Marathon by the Sea (New Brunswick) Aug 8 in 3:34:28.

ILIOTIBIAL BAND STRETCH – Lee Ubell

Side View.

1. Place the right leg behind the left.
 2. Bend at the waist, leaning over a support, such as a desk or counter.
 3. As you bend the left knee, slide the right leg out away from your body. Keep the right knee straight.
 4. Bend your body toward the right leg.
- You should feel a stretch along the outside of the right thigh.



Front View.

The "desk" has been removed to better demonstrate the stretch.

If you lean your upper body towards the leg you are stretching, then this will better stretch the IT band. In the example, the figure would bend (at the waist) to the right side of the screen. (the figure's left hand side)



The Very Secret Marathon -Gay Renouf

This is a story about running, and friendship,... and a deep and bitter rivalry. You might be able to make a case that the events were my fault, since it was my idea for the club to award lapel pins to commemorate milestone marathons. (Say, your first, or your fifth marathon.) Or you might say that it was Gerry Perron's fault, since it was he who came up with the designs for the pins and turned the concept into reality. But I think that most of all, the way events got out of hand was because of Barry Hopkins.

Every year in December, the RRR throws a Christmas party to get together and celebrate the past year's friendships and achievements. In the first year that we disbursed the marathon pins, there were several people who received the same pin. So, for example, if several people had received their 5-marathon pin, there might be one of them (...Barry...) who would vie with the others in that group to be the first to get the 10-marathon pin. For many years, Barry and Jennifer Taylor seemed to be tied with respect to the same number of marathons, and since they generally ran the same races, neither could sneak ahead of the other. It was at this time that Barry's diabolical mind came up with the "Secret Marathon".

Barry would disappear on a Saturday or Sunday, and next Sunday in the Bagel Shop, would appear chortling away in a new race t-shirt with a medal around his neck.

This spring, I happened to be traveling with Jennifer (and husband Mike, Milos Kostic, and Vinh Hoang) to the Paris marathon. Barry seemed most eager to discover if we were doing any secret marathons during the weekend following Paris. "No, no," we assured everyone. "The next weekend is Easter – there are no marathons during the Easter weekend."

But there was one. From careful combing of the marathon sites on the Internet, we had found a small (700 runners) Dutch marathon in the town of Leidsche-Rijn, near Utrecht. So we registered for the race, we bought our train tickets, and we lied our faces off.

When we arrived in Utrecht, we were very pleased. The city was very old, with cobblestone streets everywhere, and huge cathedrals dating from the 13th century. Strangely, though, no-one in Utrecht had heard of the marathon. At the Tourist Information Centre, we would hand them our e-mailed registration confirmations in Dutch, and they would shake their heads and say that they had never heard of the Nike Atletendorp where we were to pick up our race numbers that day. We hired a taxi to take us there. The driver drove all around the city, trying to match the race map with the city sites. But there was no number pick-up, no race parking, no start or finish line to be found. Finally we gave up and went for Dutch pannekoeken (pancakes – excellent!) and coffee. As we sipped our coffee and sample delights like pannekoeken with apple and Calvados liqueur, we began to suspect that this marathon, this very secret marathon, was so secret that it didn't even exist.

Of course it had to be Barry behind it all. That devious mastermind had developed a website, had it translated all to Dutch, and printed out glossy race brochures. At this moment, he was probably watching us on a large screen in an underground control center. He would be chortling madly, but no-one could hear because he'd also be under the Cone of Silence.

“Send in the clouds,” he would direct, cackling evilly as he pressed a button to obscure the sun. “Send in the wind, send in the confused taxi driver”. But then Barry slipped up, because he accidentally sent in the other marathoners.

Down a street by a canal, we spotted four men sauntering along, one wearing a Boston marathon jacket. We ran up to them and fairly bowled them over in our eagerness to get race information. It turned out that they were Brits, representing the 100-Marathon Club UK. Each of them had done over 100 marathons and one fellow had 438 to his credit. They reassured us that, yes indeed, there was a marathon tomorrow and if we showed up at the race hotel at 3 pm, we would be able to pick up our numbers.

We followed their advice, but somehow wound up at the VIP room for elite runners. A nice lady ignored the obvious fact that we clearly were not elite runners, and gave us bus passes for tomorrow to take us to the race along with the invited speedsters. We would be able to pick up our numbers just before the race tomorrow.

That night over our usual three glasses of red wine (When in France, do as the French do. Well, we weren't in France, but who cares?) we pondered whether Barry had done it again. Was the evil genius right now sitting in his control room, after declaring “Send in the Brits,” and “Send in the elite runners”, just to tease us? We would find out tomorrow.

Easter Monday dawned bright and sunny. We tried to look as much like the Kenyans as we could as we boarded the elite runners bus. And we finally found the race! It was now hard to fathom how the taxi driver and the Tourist Info lady could have missed it yesterday. There were huge balloon arches, children's rides and a climbing wall, porta-potty line-ups and 7000 runners! (Still only 700 in the marathon though.)

We started the race with the Brits, teasing them about their Manitoba accents. They teased us back, accelerating past and doing a mock tackle into the ditch. We ran beside canals, over a remarkable futuristic bridge, into old Utrecht with the cobblestones, right through the oldest cathedral, and out into the countryside, where we passed many farms and a castle. It was always flat, always beautiful, and far, far more relaxing than Paris.

By the half-way mark, my quads felt as though they were the circumference of redwood trees. My toes were blistering from twisting on the cobblestones, but I was elated. We had foiled our evil nemesis, and were about to one-up him in the marathon count. The t-shirts were nicely designed and the medals were honking huge! I can hardly wait to get to the Bagel Shop next Sunday. On the surface I'll be wearing my Paris t-shirt and medal. Then I'll excuse myself, go to the washroom, and come out wearing the Leidsche-Rijn t-shirt and medal. I just hope Barry doesn't decide to close the Bagel Shop. P

PS – made it to the Bagel Shop, and no Barry! Curse him – he must be out doing a secret marathon. If only I could get into his underground control room...

Things runners should dobut do not ...- L. Ubell..

Runners usually tend to concentrate on strengthening the larger groups of muscles associated with their particular sport. Most concentrate on the hamstrings, quadriceps and calves. These, however, are not the only muscles that should be worked to remain injury free and running your best.

There are two other muscle groups that are important to work but typically left out of the training program. These are the abductors and the adductors associated with the hip and leg.

ABDUCTOR EXERCISE



PLEASE NOTE : I have taught these exercises for many years and the one thing that you should NOT DO is wear shorts. The bands move on the legs and any hair underneath is twirled and pulled with it . OWWW. WEAR YOGA PANTS OR LIGHT RUNNING TIGHTS..

On the left is an exercise to strengthen the hip 'abductors', and the elastic band adds a further resistance element..

The elastic sports bands can be bought at Walmart or Jolly's veterinary supplies on Victoria Avenue.

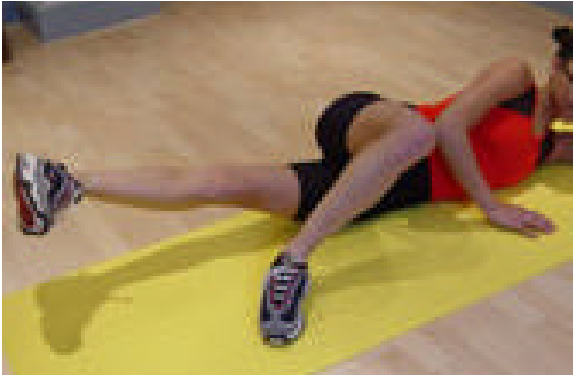
Tension of the band is determined by color.

Usually black is the strongest, then grey, purple, blue then red and green. These can vary so check with the store that carries them as to the brands particular color coding.

ADDUCTOR EXERCISE



An elastic sports band (eg Theraband) can be used to add resistance to an adductor strengthening exercise.

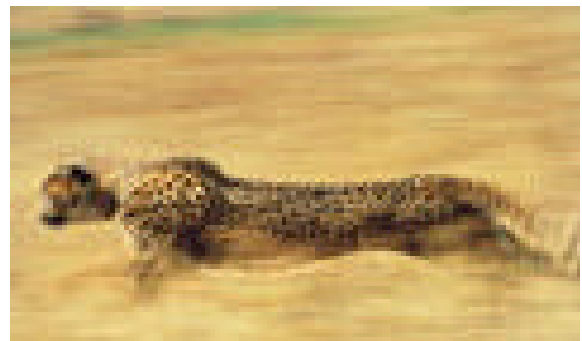


Lying on your side, with the one leg bent to stabilise the body, stretch the adductor muscles of the straight leg.

PLEASE NOTE: THE MODEL IS SHOWN WITH HER HEAD RESTING ON HER HAND HER SPINE OUT OF LINE . IT IS RECOMMENDED THAT YOU STAY IN A SIDE LYING POSITION HEAD DOWN WITH HEAD AND NECK RESTING ON ARM THAT IS EXTENDED ALONG THE MAT.



On the left is an exercise to strengthen the hip 'abductors', and the elastic band on the right adds a further resistance element.



SPECIAL ANNOUNCEMENT

Ted Jaleta, well-known runner about town, and member of the Regina Road Runners, will be inducted into the Saskatchewan Sports Hall of Fame this June. Congratulations Ted, on being recognized for your many years of success and inspiration!

Barry's (proposed) Excellent Adventure

To all my crazy running groupies I have planned the following club trip.

Time-May 29th.

Place-Cheyenne Wyoming

This is the trip you do not want to miss because it is

(1)A new state.

(2)It offers a Double Marathon(The only one in North America)

(3)It offers the Full Marathon and a Half Marathon.

(4)A chance to travel with me

(5)Site seeing(Devils tower on the way by at 80MPH)

(6)Perhaps Mount Rushmore at 90MPH on the fly.

(7)Cause its there and I can

(8)A way to cool belt buckle for the double which gives even more incentive to go the distance.

(9)It cant be that painful can it.

(10)American Beer which means you can drink twice as much.

There it is the top ten reasons to go.

Book online now especially for Rooms as they are filling quickly.The race Headquarters on the web is pretty much filled and i have booked three rooms at the Quality Inn for Me,Milos and Mike.Pick some partners and Book something now(Yes you can make a commitment).

I will look at Booking a Minivan and if we get enough we will book two so contact me ASAP and I will help with whatever you need.

We will depart from a pre-determined area Friday the 27th at 6am Sharp and haul some serious ass to get what I figure will be around 1200-1400 clicks.If you are with me that should be about 11 hours.

The return trip will Monday the 30th.

Contact me at fossil@accesscomm.ca or

fossilbarr@netscape.net or call me at work 566-5172 or home 949-9238.



"The Iceman Cometh"

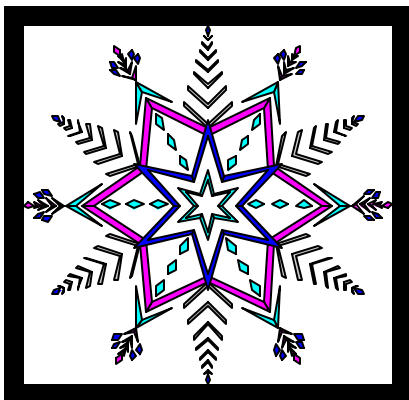
Corner

by Johnny Venture

We had a great fall for running but, so far, Old Man Winter has not been very good to us. Many of us have taken it inside to the Fieldhouse (Yes, Singh, I have been a running chicken and haven't run outside much Christmas). With the recent warming it's been much more enjoyable to run outside again. Depending on the results of Wiarton Willie or Punxutawney Phil (whichever is your favourite rodent prognosticator) on Feb 2, it may still be a while until we're running on dry pavement in shorts and a T-shirt.

As we all know the snow, ice and cold makes winter running more difficult, and more dangerous. The risk of slipping on the ice (not to mention the bitter Saskatchewan cold and a nasty little thing called, "wind chill") makes it very inviting to simply curl up with a good book and wait it out.

Ahh, but we Roadrunners are a hearty bunch who'll hear nothing of this. Most of us will continue to run through the cold, dark days of winter - anticipating the wonderful spring runs that are only a few scant months away. So I thought this may be a good time to keep in mind a few key points to make your winter running safer, and a little more bearable. Keeping that in mind, here are Johnny's top 10 hints for enjoying your winter runs.



1. **Dress in layers.** I'm sure everyone knows this already, but it is important and we can all use a little reminder. Dressing in layers allows you to peel off or add layers as conditions change... which they do, very quickly, in Saskatchewan (Being from Ontario I learned this the hard way during one long run in Lumsden valley when it was nice in the morning and just kept getting colder as I got further into the run. Sheesh, what's up with that?).
2. **Protect your extremities.** Your head, ears, and hands need to be well protected. You can lose up to 50% of your body heat through your head. Wear a hat made of wool or breathable material. Remember.. mitts are warmer than gloves. And, guys, don't forget your third sock to protect your privates on those cold blustery days (Trust me on this one... There are some things you don't want frozen and this is one of them!!)
3. **Take care of your face.** Remember moisturizer and sunscreen, particularly if there's a lot of snow on the ground. When it gets really cold wear a balaclava. Don't worry about looking like you just knocked off the local 7-11. You don't want to get frostbite on your face or nose.
4. **Don't wear cotton socks.** Your choice of socks is just as important as your shoes. Synthetic socks wick away moisture, and help prevent cold feet as well as blisters. Wear one pair of light or medium weight (depending on the temperature) synthetic socks. While you may think two pair might be warmer, that could cut off circulation in your feet. Which leads us to point Five.
5. **Avoid tight footwear.** Tight shoes may decrease circulation to the toes. The cold weather also will decrease the circulation to the extremities, and the combination can lead to problems.
6. **Consider running in a trail shoe.** Trail running shoes will help protect your feet more than lighter nylon running shoes. Trail shoes also tend to have more tread on the bottom to add traction for slippery surfaces.
7. **Don't pull out your old shoes for winter running.** While you may not want to get brand new running shoes wet and dirty in the snow, it doesn't make sense to run in shoes that have 400-500 miles on them.
8. **Remember to stay well-hydrated.** It's very easy to overlook that you need to stay well hydrated in the winter. Because it's cold and dry, you don't notice that you're sweating. And you may not notice how dry your home or office environment is. Stay hydrated with a sports drink, energy bars or gels just as you would in the summer. Winter is not a good time to "bonk" because you run out of energy.
9. **Consider cross-training.** Hey, it's OK to take a break from running.... really. Injuries can occur not just because of slipping, but because runners unconsciously alter their gait to avoid slipping. The change in mechanics can be enough to cause problems. If the footing isn't good, then consider a visit to the gym, the pool, or embrace the elements on cross-country skis. Your legs may thank you for it.
10. **Run with a friend.** A good practice any time of year, but especially true in the winter. Accidents are more likely to happen in the winter so be prepared. If you have to run alone, bring along your cell phone or, at the very least, tell someone where you're running and how long you

THE READWORTHY NEWSLETTER of the
REGINA ROAD RUNNERS CLUB

RoadWorthy is published by the Regina Road Runners Club. It is mailed free of charge to its members. If Sports Illustrated or Runners' World rejected your articles.. Try us.

We'd be thrilled to hear about your fitness and training experiences, your inspirational advice to other runners, or any other straight or quirky thing you'd like to share with us. Feel free to include any pictures, art, or any other exhibits along with your article.

Mail your submission to:

RoadWorthy
c/o Lee Ubell
18 Murphy Cres
Regina, SK S4X1B7

The Regina Road Runners Club

The Regina Road Runners Club is a non-profit organization dedicated to the promotion of running in the Regina area, and to the enrichment of the running experience among its members. In fulfilling its mission, it serves the recreational and competitive runners of all levels. Your membership in the RRRC gives you:

- a variety of non-competitive fun runs (free of charge)
- organized attendance at out-of-town races
- a discounted entry fee for Flatlanders Road Race
- clinics, social events, and various opportunities to meet people with similar interests
- discounted family membership fees
- quarterly newsletter
- discount of 15% on running shoes and clothing at Track and Trail and Forzani's

The 2004 Executive is:

President	Vicky Bonnell	543-6046
Treasurer	Gay Renouf	789-9381
Newsletter	Lee Ubell	543-8977
Secretary	Vinh Hoang	
Web master	Larry Lang	565-3088



Membership Application

Current Member - Fees to June 2005 New or renewing member - fees to June 2005

Name _____

Address _____

Street _____

City _____

Prov- _____

Postal _____

Telephone _____

Home _____

Business _____

Fax _____

E-mail _____

(For existing members only: Please check here if any of this information is different from that shown in the attached List of Members).

Individual Membership \$15.00 Family Membership \$20.00

Names of Family Members _____

Make cheques payable to: Regina Road Runners Club
c/o Gay Renouf
118 University Park Drive
Regina, Sask S4V 0E4