

KAMLOOPS RIDGE RUNNERS

A NEWSLETTER

The Ridge Runners club originated in 1970 and it was composed of Kamloops residents from all walks of life. They joined together with a common love of running in the outdoors and of discovering the vagaries of their city and the abundant trails in the surrounding hills. Twenty-six years later this running club is still going strong and currently has 127 members. Besides sharing this love for running, club members typically have very busy other lives. I hope, through this newsletter, to give glimpses of these other lives.

Longtime club members:

Karen Willies , Gordon Willies:

Karen met Gordon in his hometown of Montreal. They came out to Karen's hometown, Kamloops, in 1980 and were lured into the Kamloops Ridge Runners club in 1981. They have been active runners and supporters of the club since.

Gordon is retired from BC Tel. Because of knee cartilage problems Gordon has switched his athletic focus to swimming, both recreational and competitive. He swims on an almost daily basis, competes in Provincial and National Swim competitions, and supports his new sport by contributing many hours as a volunteer. As official timekeeper for the KRR hosted races, Gordon remains an integral member of the KRR. He also owns the equally demanding job of seeking out those much anticipated KRR post race prizes. He and Bob Hill have taken responsibility for the post race prizes for the club since 1999. Yet another aspect of Gordon's community service is chauffeur. He is a driver of a Kamloops community van that regularly transports Kamloops cancer patients to the Kelowna treatment center.



Karen is an active and competitive KRR and participates in the Interior Race Series. She also belongs to and is on the executive of the Kamloops Naturalist Club. The Naturalist Club has lead Karen onto the Mountain Bluebird Trail. What does she do on the Bluebird Trail? Karen has taken the responsible for 20 Bluebird boxes in the local Lac du Bois area. She monitors the boxes regularly from the time the Bluebird eggs are layed, until the young birds fly the nest. Careful observation and documentation monitor the health of this beautiful bird species. Karen loves to be outdoors. She has also taken on monitoring the Spadefoot Toads for the Provincial government. For more info.on the Spadefoots Go to <http://wlapwww.gov.bc.ca/wld/documents/spadefoottoad.pdf>

they can only be identified at night, according to their vocalizations, so Karen does nightshift duty. Karen enjoys adventure travelling, and has chalked up adventures in Nepal, Costa Rica, Peru

New club member

Erna Stassen

Erna is fairly new to the club, to Kamloops, and to Canada. At an early age, in Holland, Erna felt a special affinity for Canada. On vacation in BC in 1999 she realized that her dream to move to Canada could become a reality. Physiotherapists were being sought to fill a shortage here in BC. She realized that she could close her kinesiology business, study to become a qualified physiotherapist and trust that with some good education and a bit of luck, she could qualify to work and live in Canada. She did all of this.



She is happy with her decision to move here and is employed, as a community physiotherapist in Kamloops. Erna loves the outdoors. For instance, in 2000, she did an independent 1500 km cycle and camping tour in Norway. Ask her about the Troll Alley, Trolsteige. She is comfortable in canoe and kayak and is currently a member of the Kamloops Dragon Boat team. Erna has travelled and lived in Surinam, Curaco (in the Caribbean), and has travelled throughout South America, Central America, and Europe. She wants to go to Nepal. She often runs with her trusty dog Jewells.

Kamloops Ridge Runners like exotic travel

Jud- in Vietnam February 2006

"Its been a good trip. I have not run at all here. Just too crowded for that. I went south onto the Mekong Delta today and toured the floating market and the like. Went on the river for a 3 hour boat tour in the delta. Its damn hot here so I will store some of it up for next week (Damn hot is 38 degrees)"



Ernie- in Cuba February 2006



Cathy and Bob- in Cost Rica January 2006

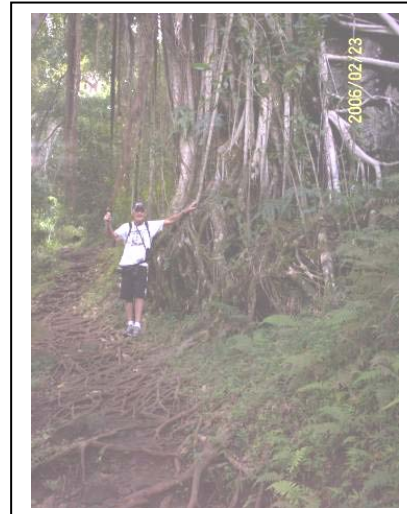
“Bob and I took off for Costa Rica in late January...a few people were biking across the country...lots of hills!we visited both coasts and enjoyed the surfer area offTamarindo for our last week. We returned home only to get on the plane to Montreal to visit the grandchildren. One day we took a train to Ottawa and skated on

THE RIDEAU CANAL”



Bruce and June - in Hawaii March 2006

--*these are some snaps of June B & I on the Tantalus Mtn park trail on the island of Oahu, Hawaii* --- a great place to hike (or run) -- Bruce B.



Story from Scandinavia:

Vun day, Sven vas valking down da street, ven who did he see driving a brand new wolwo automobile?

It was Ole.

Ole pulled up to him vid a vide smile.

“Ole, ver did you get dat car”? Sven asked

“Lena gave to me”

She GAVE it to you? I know she vas sveet on you, BUT DIS?

Vell Sven, let me tell you vat happened.

Ve ver driving on country road 6, in da middle of novair. Lena pulled

Off da road, into da woods. She parked, got out of da car, trew off all of her clothes and said,

“Ole, take vat you vant.

So... I took da car.

Ole you are a smart man, dem clothes never would a fit ya.

Feedback or contributions to
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