



Spring Newsletter

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It Keeps on Tickin'



Looking closely at many of our finishers photos it is hard to miss the iconic timepiece that is our race clock. For some runners it is their guiding light, for others their greatest nemesis. Regardless of how we view it, there is no denying that our clock has a colourful past that dates back nearly as far as the inception of the KRR club itself. Club member, and official "Guardian of the Clock," Gord Willies, reflects on its history. The clock and tripod were purchased April

26, 1983. The single-sided clock itself cost \$1795.00 U.S., with the tripod and mount assembly costing another \$275.00 U.S. Steve Cousins of Cousins Construction paid for the clock, and Gord Willies paid for the tripod.

In order to "beat" custom charges at the U.S. border, Gord cleverly enlisted the help of the owner of Jock & Jills in Seattle to bring the clock to Vancouver, BC, saying it was for use at the Vancouver Marathon. After running the marathon, Gord picked up the clock and brought it home. Since that time, he has faithfully stored the clock at his house.

Gord later had the second side of the clock shipped to Karen's relatives in Issaquah, Washington. Following this,

the KRR clock made its debut as a double-sided time clock in Osoyoos at the Penticton 10 Miler.

Since those early days, Gord has diligently replaced the rechargeable batteries several times. He makes every attempt to keep it clean and in top working order, and is very careful with renting out the clock to other user groups. While he has enjoyed this quarter-century relationship, Gord proclaims, with little hesitation, that "25 years is long enough." He would willingly pass the beloved clock over to a new "guardian."

We salute Gord for safeguarding this important piece of KRR history.



"Listen to your body. Do not be a blind and deaf tenant."

-Dr. George Sheehan

Our run club does not "run" itself. Indeed it is our team of executive members who give of their own time to meet, discuss, and plan events that help the Kamloops Ridge Runners maintain its high profile amongst

the running community at large.

While most of the KRR membership knows who our Executive are, I thought it would interesting to get

to know them better as athletes. The following biographies are based on information provided by the executive members themselves, and reflect a wide range of experiences and insights...enjoy...

KRR Executive Profiles

Sherry Maligaspe~President



Our illustrious president has been running for about 10 years. It all started with a newspaper article about a City of Kamloops run clinic, and some

“firm” advice and encouragement from her sister Glenda.

In Sherry’s words the Kamloops Ridge Runners “have given me the support and the opportunity to set and achieve goals I never dreamed of prior to running. Run a 10K? Never. Run a marathon? Uh Uh. Run an ultra? Now you’re talking

nonsense! Direct a race? Organize a run clinic? Amazing things happen!” Without question it is the great people she runs with and meets through involvement in the KRR, as well as the fun places she visits, that keeps her “on the run” so to speak.

When asked to identify her greatest running accomplishment to date, Sherry harkens back to that initial 8K run clinic that set everything in motion: “The goal 8K at the end of the 8-week run clinic was an epiphany...now I have my doubts about doing stupid distances, but never do I say I can’t.”

As for advice that she would pass on to beginning runners, Sherry emphasizes the importance of not

giving up when it gets hard. Although a strong proponent of seeking medical attention for injuries, she also rallies for not giving up totally because of an injury, for as she so aptly puts it, “running saves lives...ask my family, my friends, and my coworkers.”



~Slow and steady wins the race~

Ian Robertson~Vice President



When not traveling the province for work, Ian finds time to maintain his running regime. His passion for the sport started in

1997 when he moved to Kamloops from Duncan, BC. At that time he started running in a trail group led by Sarah Rose—a very positive individual, and a tremendous athlete. Sarah then introduced him to Jasper Willisko who in turn got Ian involved in the Kamloops Ridge Runners.

As for what keeps him running, Ian says that “I love to keep in shape, and (I) love the after effect from

running.” He also admits that it is the fellowship from runners in the KRR club that keeps him motivated to continue running.

Above all else his greatest running accomplishment was his first race: Blackwell Dairy. He contends that he will always remember the race, the farm, and the amazingly fit women... (oops, the cat’s out of the bag, Jeannette). When asked to identify a monumental fitness milestone in his life, Ian says it would have to be a tie between the Sea2Summit (2002) and his first Ironman (2003). Both were amazing challenges that tested him mentally and physically.

Despite his tremendous running feats, Ian remains very humble and willingly gives his time to support new runners. To those pondering

running as a sport he advises that they start slow as well as talk to, and run with, all types of runners. “This will give you your niche.”

Not one to let the “grass grow under his feet,” Ian has set qualifying for the Boston Marathon as his next running milestone. Given his speed, endurance, and his varied athletic history, I am sure this will be an easily achieved goal.



Rick Cameron~Race Director



Rick has been “on the run” for 12 years now. Before discovering the world of running, however, his fitness regime included a lot of indoor biking and

regular use of the step machine. He attributes his introduction to the sport of “road running” to his sister-in-law, an avid runner herself. It was she who took him on his first 10K road run.

During his 3 days of recuperation from that fateful 10K, Rick recalls that he felt like he had never exercised in his life. Adhering somewhat

to that “no pain, no gain” school of thought at the time, Rick believed that anything this difficult must be worthwhile, so he tried the “run thing” again. It got easier each time. “I started really enjoying it and have run ever since.”

Being a member of the KRR continues to have a profound impact on Rick’s running career. He contends, for instance, that when you are with people who have a positive outlook on life, you acquire a positive outlook yourself. He says that “when the weather is bad; you’re feeling tired, (or) you don’t feel like going out for a run” you become more inspired to get out there when you know you are going to be with other runners. The jokes, the camaraderie, and the physical feelings of accomplishment inspire

you to train towards a new running goal.

Rick is particularly proud, and so he should be, for successfully completing 4 marathons, all in under 4 hours! To new runners he advocates getting a good pair of running shoes and starting very easy.

In looking towards what role running will play in his future, Rick hopes for a healthy retirement in which he can get outdoors and continue racking up the kilometers.



Bob Trudeau~Membership



Bob’s introduction to the running world came 5 years ago. He had always had the inclination to run a marathon. Some triathlete neighbours at the time encouraged him to give running a try,

saying that they would like to be a part of his marathon experience as well.

Bob sees himself as a recreational runner who prefers “to just run for the fun and enjoyment of it.” Although a competitive spirit is good, he advises us to keep running in perspective: enjoy the experience of it, “and the tremendous health benefits too.” As for his greatest

running accomplishment to date he says that it is coming in first place in his age category in Revelstoke last year.

Being an active member of Kamloops Ridge Runners has helped Bob refine his running style and strategies. By interacting with others who run competitively, “(I have) learned how to improve my speed and distance.” This, along with the “natural high” that comes from running keeps him motivated.

For new runners, Bob, like Rick, underscores the importance of starting easy and working up as one’s endurance increases. In his words, it “is easy to see good progress that way and you can reduce risk of injury or losing interest.” He also emphasizes the importance of good running shoes. His advise is:

“don’t cheap out on shoes!”



“Running is the greatest metaphor for life, because you get out of it what you put into it.”
-Oprah Winfrey

Donna Rhynolds~Secretary



The word “running” became part of Donna’s vocabulary 8 years ago in Clinton. At that time she was biking and walking with her husband’s niece, Jennifer, who

heard an add for a run called “Boogie the Bridge.” Jennifer persuaded Donna to started training and so their walking turned to running.

Before joining the Kamloops Ridge Runners, Donna proclaims she never would have considered running anything more than 10K.

“Now no distance scares me. Also, I have become a more consistent runner...the group counts on you to show up for the runs...”

When asked what keeps her running, she quips without hesitation, “I love eating! Running means that I am able to enjoy the foods I love!” In all seriousness, however, it is the supportive network of wonderful people in the KRR that keeps Donna coming out to the runs.

With the encouragement, the advice, and the companionship of other runners, Donna accomplished her goal of finishing her marathon. Since then, she has gone on to complete an ultra as well.

To those thinking about running as an athletic pursuit, Donna encourages them to find a run buddy and to buy good shoes. As well, she speaks of the necessity for runners to “listen to their bodies—if you hurt, figure out why.”



Bruce Butcher-Web Designer



Bruce truly is a role model for us all. Moreover, with all his fitness accomplishments to date, he is living proof of the fact that age is only a number.

Eight years ago his daughter Marianne (an amazing athlete in her own right) inspired him to take up running. Since then, Bruce says that running has become a lifestyle for him, and because of that he intends to “keep at it” as long as he can.

When asked how KRR has positively influenced his running career, Bruce speaks of the inspiration and support given to him by club mem-

bers. They (the KRR) are a “great group of motivated and dedicated individuals.”

In reflecting on what he sees as his greatest running feat to the present, Bruce claims it would have to be standing on the starting line ready to complete his first marathon.

For those individuals relatively new to running, Bruce offers up some insight which has come to him through experience. Indeed, it is advice which can be applied to all our lives, even those aspects that go beyond running. He contends that “running isn’t just about speed.” He also speaks of how powerful the mind can be in influencing how successful, or likewise how unsuccessful, we can be. The need for positive thinking cannot be stressed enough. Bruce sums this

up so well with some sage advice we all should ponder: “If you think you can—or if you think you can’t—you’re probably right.”



For some, the glass is half empty, but for others it is half full...

Pat Turgeon-Treasurer



Pat began running about 6 years ago as a way to not just get in shape, but to spend some quality time with his wife, Brenda whom he affectionately calls “The Ga-

zelle” (anyone who has ever ran with her would agree with that moniker!).

Pat credits Brenda and Jo Berry as being his inspiration to join a running group. According to Pat it was them who convinced him that running with other people can actually be “fun.”

Since those “early days” of his running career, Pat has become an active member of the Kamloops Ridge Runners. For him, running with the club gives him the opportunity to run with friends on numerous days and times.

He appreciates the fact that within the club itself there are a number of running groups for practically every speed and ability. Indeed it is this flexibility, along with the great people that he runs with, that keeps him coming back.

When asked what his greatest running milestone has been, Pat proclaims that actually he has three: “training for 3 half marathons, while working shift work, is probably my greatest accomplishment.”

Ever the voice of reason, Pat warns newbie runners to not rush the distance. He reflects on his first half marathon for which he says he was not mentally prepared, and “it was memorable for all the wrong reasons. My second one was a very satisfying achievement.”



Jud Thompson~Interior Running Association Rep.



Jud started running when he was in his early 50's. Like many of us, personal health and well-being motivated him to “get moving.” He

says, “I needed to lose some weight, so I started walking. I found this took too long to get anywhere so I picked it up a bit, then picked it up some more.”

Finally, Jud “picked it up enough” that he felt confident enough to compete in his first race, which was the Chase Snow Pounder. Then, he completed his first marathon at age

60. Being the “mobile” person he is, two weeks later he did another marathon, beating the “odds” by coming in 5 minutes faster than his first one.

By belonging to KRR, Jud has found people who share the same athletic goals as himself. In all honesty, membership in the club motivates him to continue running. Over the years he has found there to be a comradeship among runners, even those with whom he competes. In Jud's words, “we are like a huge family that encourages each other in our endeavours. As well, I enjoy the competitive aspect of running in races. By being competitive, I am encouraged to do my best when in a race.”

To those just starting running, Jud, like Bob, encourages them to keep it all in perspective: “we must run within our limits. Running can take up a lot of our time so it is also must fit with your work, personal life and your family's activities. It is a pastime activity and should be undertaken as such. “

In looking to the future, he plans on “wearing out many pairs of shoes before (he goes) ten toes up.” His final pearl of wisdom for anyone looking to take on a healthier lifestyle is that age alone should not be a factor in determining what you do. Following Jud's example, if you enjoy it, go for it.

Other Executive Members...



Member	Role/Responsibility
Jasper Willisko	Past KRR President
Kathy Wilson	Awards/Prizes
Rick Rhynolds	Newsletter
Gord Willies	Equipment Coordinator
Karen Willies	Publicity Liason

Plastic vs. Stainless Steel

A while back KRR club member, Heather Archer, sent me a link to a *Macleans* article entitled *Plastic bottles get the eco-boot*. However, the topic is still very relevant as health agencies, stores, and consumers themselves debate the health impacts of plastic water bottles.

This short article introduces Louisa Morris, a young 29-year old Vancouver lawyer who has already undergone surgery and six rounds of chemotherapy as a result of breast cancer. A non-smoker who has no history of cancer in her family, Morris tested negative for the genes associated with breast cancer. According to her, doctors “attribute the onset of cancer while in her twenties to environmental factors.”

While it is easy to immediately start making correlations between Morris’ coveted Nalgene plastic water bottle and her fight with cancer, there is no concrete scientific finding to suggest that the former “caused” the latter.

However, Nalgene bottles have been “under the microscope” since reports that the polycarbonate plastic used in them leaches bisphenol A (BPA), a hormone disruptor presently under scrutiny by the Canadian government.

Although environmental agencies in the U.S., along with food safety authorities in Europe, all contend that polycarbonate is an acceptable chemical for food-grade usage, health conscious consumers seem not so willing to agree. This may be partly because recent controversial studies have linked BPA to “reproductive abnormalities, neurological disorders, prostate cancer and pre-cancerous breast tissue.”

Whatever side of the issue you fall on, it is hard to deny the fact that plastic water bottles, for instance, are not as popular. The author of this article cites sales figures from

Mountain Equipment Co-op in Vancouver, stating that since the marketing of a \$9.75 stainless-steel model there, “metal bottles now account for half of the sports bottles sold.”

Morris admits that stainless steel bottles are more expensive and they do tend to sweat; some even give the water a slight metallic taste. She jokes lightheartedly about the future on stainless steel, saying “in a few years’ time they say there’s something wrong (with it too).”

As health-conscious individuals we owe it to ourselves to “get informed.” As with many things in life, consensus may never be reached. To read the complete article, *Plastic bottles get the boot*, check out the link below:

http://www.macleans.ca/science/environment/article.jsp?content=20071015_110188_110188

On the Run

Tired of your same old run route? Looking for a new adventure?

Below is a list and description of runs around the Kamloops area as compiled by Bob Trudeau. Be sure to check out the Kamloops Ridge Runner website (www.ridgerunners.bc.ca) for a schedule of dates and times for the various run groups within our club.

Run Ratings: 1 Easier 2 Intermediate 3 Challenge

Run Start Location	Run Name	Distance Km	Difficulty	Comments
Beattie School 492 McGill	Beattie Beat	10.3	2	2 hills - loop
Rose Hill Tennis Courts	Rosecoaster	9	2	Rolling - loop
Top of Batchelor at parking area on the right across the cattleguard	Batchelor West	9.9	2	2 hills out & back with a loop
Turn right on Sugarloaf Rd park at the 1st corner	Sugarloaf		2	Steady moderate uphill one way - out & back run
End of Copperhead Drive S. park near pond end	Pineview Tower Trail		3	Lots of hills - loop
Kenna jail end parking lot main entrance	Many Options		3	Moderate to difficult depending on route - loop
Kenna Copperhead Dr N park at end of rd	Many Options		3	Moderate to difficult depending on route - loop
Coquihalla Inks Lk exit park by salt shed	Inks West - 1		2	Rolling, out & back
Coquihalla Inks Lk exit park by salt shed	Inks West - 2		3	Mainly up, out & back
Coquihalla Inks Lk exit park by salt shed	Inks East		1	One hill just before Jacko Lk
Park at Knutsford Hall	Goose Lk 1		1	Gentle uphill, out & back
Park at 1st left corner on Goose Lk Rd	Goose Lk 2		2	Last 1.5km to Goose Lk is tough, out & back
Park past 3rd cattleguard on Rose Hill Rd from Knutsford end	? Road		2	No shade - loop run
Park at Jackson Rd Hwy 5A junction	Jackson Panorama		3	Great view, out & back
Kenna, Home Depot entrance	Up, Up & Away		3	Awesome views, loop
Kenna, TRU northwest parking lot	Lung Stretcher		3	Awesome views, steep loop



News Bulletin



We're on the Web!

www.ridgerunners.bc.ca



~Individually, we are one drop. Together, we are an ocean~Ryunosuke Satoro~

Thank-you to all the KRR members who contributed their stories for this issue of the newsletter.



I Need to Hear from YOU

Everyone has a *story* to tell. It is these which bring publications such as this to life! Please send me:

- ⇒ Biographies
- ⇒ A noteworthy article or book you've read
- ⇒ Pictures and anecdotes from your latest travels
- ⇒ Running/fitness advice
- ⇒ Upcoming events
- ⇒ Etc...

My email address: rrhynolds@gmail.com
No computer? Write it down and send it my way

Blackwell Dairy Run

When

Sunday, May 25, 2008

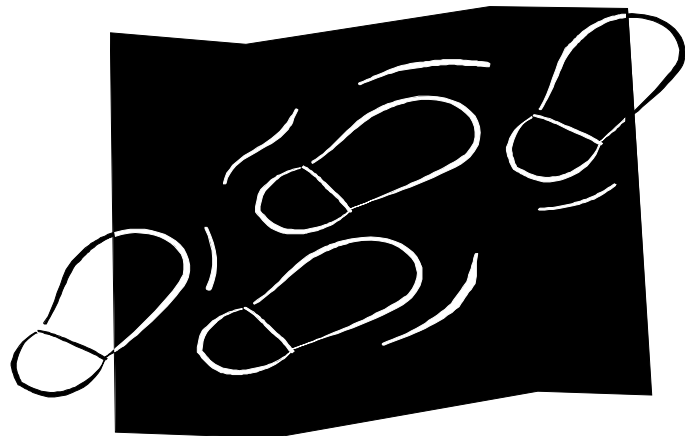
The cow bell rings at 9am sharp for the 15km Race and 9:15 for 3km Fun Run

Where

R.L. Clemiston Elementary School

5990 Todd Road (Barnhartvale), Kamloops

15 km Road Race through the scenic area surrounding the Blackwell Dairy Farm. The fun run route follows the 1st portion of the 15 km route.



See You There!