

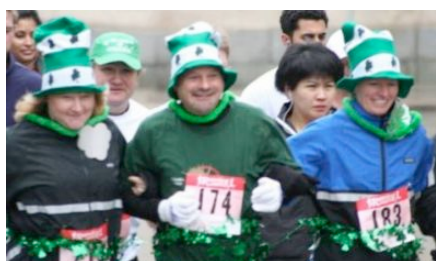


The Runner

Official Newsletter of the Kingston Road Runners Association

March, 07

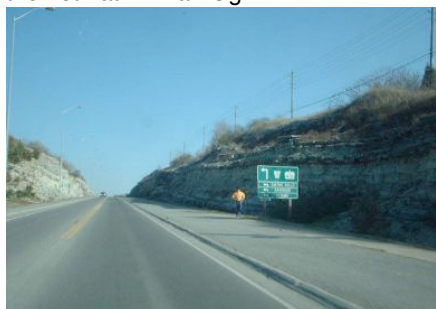
March Madness?



The Green Mile?

After six weeks of bone chilling cold and wind, the running starts to heat up for us in March!

You can help out the Achilles Track Club by running the St. Patrick's Day run on the 18th at Tir Nan Og.



28kms down-2kms to go for this guy

If your training schedule has you looking for a long run...how about the annual Runners' Choice Gananoque to Kingston run on the 25th? This isn't a race (unless you want it to be), but a fun long, leisurely run along beautiful highway #2. We all meet at Runners' Choice at 8 that morning and carpool to Gananoque. Then run back to Runners' Choice. Simple? Sure! Easy? Well that depends on you. Oh, and it's free!



Next stop Burlington

You can run 30k with a few thousand friends that same day in the annual Around The Bay 30k race in Hamilton. Canada's oldest road race is a great step-up to the marathon.



The Green Mile?

The second Kingston Colonathon is a 3000m blast in perfect weather (inside) at the Military Sports Complex on Highway 2. This run is a fundraiser for the Colorectal Cancer Foundation, and it's a fun way to help out.

Call Runners' Choice for more info @ 613 542 2410

The Prez Sez

Winter Running... Looking Forward

The weather has warmed up enough and been variable to catch us off guard. I came down with a good chest cold that surfaced after a long run. Trying to maintain that base.

I hope everyone is enjoying their fitness, even when running outside may not be to their liking.

A couple friends found Mountain biking the best activity on one recent weekend then last weekend they went cross country skiing, staying fit is the objective and enjoying life.

There are a few runs coming in March:

The Achilles Run St Patrick's is always fun. Good Cause. March 18.

March 25 is the 30K Round the Bay Race in Hamilton.

For those non travelers Mar 25 there is a 30K Gan to Kingston race. See RC for Details.

For those short sprinters Mar 25 at 1 pm is a 3K run indoors at RMC as a fund raiser.

Info at Runners Choice.

PJ Marshall



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GET STRONG, THEN GET *FAST!*

Runners' Choice has hit the hills after four weeks of awesome indoor instruction.

Join the group at the Fort Henry Ticket booth on Highway two at the light for Fort Henry/RMC Tuesday afternoons at 5:30 to get warmed up. Then its 45 minutes of vigorous, but very do-able hill climbing and descending with groups that fit your style and strength.

Al Cantlay coaches every workout, and can help your running whether you're just starting out, you're a seasoned pro, or you just want to get a little faster this year.

Complement the fast Tuesday workouts with a long easy slow run on Sundays. The group(s) leave the Second Cup on Princess st. at 8:30, heading out highway 2 and back. This is one where the pace is slow, and the mileage gets higher each week. Some runners go very long...some not so much. Speed is an individual thing too, but you'll always find someone to run with you no matter how fast, how slow, how short or how long you want to go.

Runners' Choice has three other groups you may find interesting: Thursday's are for the women. Every Thursday at 6pm the all-women's group leaves the store at 260 Princess for a 45-60 minute run through the city.

Monday night's everyone can come out for nachos, mugs of fun and camaraderie, oh and there's some running too. Join the Brew Pub Running Dragons for just \$25 a year. You get a free Brew Pub t-shirt, and you get to hang out with, and run with some great friends.

The newest group in town meets at Runners' Choice every Wednesday at noon for a half hour lunchtime jog.

**GOT SOMETHING YOU'D LIKE TO SEE IN The Runner?
LET ME KNOW AT JELYOT@YAHOO.COM. PICTURES,
ARTICLES, TRAINING TIPS, FAVOURITE RUNNING
ROUTES? DON'T BE SHY, SEND THEM TO ME!**



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NOT RACING? “VOLUNTEER!”

KRRA races are always hugely successful, but it's not just great organization and committed participants who make our races what they are...it's a dedicated, largely uncelebrated group of individuals called “volunteers” who make it all happen.

If you've ever wondered who it is who puts down the traffic cones, sets up the start/finish area, handles the registration, the timing chips, directs traffic, stops drivers from running us over, picks up the post-race snacks and water, sets up the water stations, hands out the water, runs a total of ten kms to pick up discarded water cups, assembles the prizes, manages the reams of paper to get streets closed off/parade permits/police escorts/insurance/blah blah blah...

It's volunteers! People who not only don't get to race, but don't get paid for their tireless efforts.

Now here's a chance for you to experience racing from the other side. If you're unable to participate for one of the events to the right here, why not come out anyway and help out? It doesn't cost anything but your time. Sometimes you get a t-shirt and you're almost certain to never take what happens in a race for granted...ever!

C'mon, be a race volunteer for just one of these events. You know you *want* to!

Race Name	Date
Resolution Run	January 7th
Twosome Run	February 11th
Kidsfest 1/2 Marathon 10k and 5k	April 28-29
*Run With The Wild XC	May 13th
*Beat Beethoven (it's BACK!)	June 3rd
*K's For Kids	June 17th
Limestone Mile	July 1st
*Brockville 1/2 Marathon	September 8th
Hotel Dieu Hospital Run	September 22nd
Anniversary Run (it's BACK!)	November 4th



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STANDINGS AS OF FEBRUARY 28 2007

Women Overall

SCHNEEBERG, AMY 30
SVIAJINA, MARGARITA 21
LYNCH, DAWN 13.5
SEXTON, LESLIE 13.5
MILLSON, KAREN 12
NICHOLSON, AGATHE 12
MYERS, SHIRLEY 10.5
O'MALLEY, LYNN 9
WYNANDS, JANET 9
ELIOT, KRISTIN 7.5
OSTIC, HEATHER 7.5
HERMAN, KATYA 6
WYNANDS, JENNIFER 4.5
ARMSTRONG, JOANNE 3
BERDAN, STACEY 3
DONNELLY, CATHERINE 1.5
VOTEARY, SHARON 1.5

Men Overall

DUNBAR, KEVIN 28.5
LEEDER, MATT 15
TAGGART, JEFF 13.5
CANTLAY, AL 12
CUMMINGS, TRAVIS 12
MILLER, ROB 12
SETLACK, MATT 10.5
WORKMAN, BRENT 10.5
FRANTZESKOS, SAVVAS 9
SMITH, SIMON 9
FARNELL, DAVID 7.5
HINTON ALEXANDER 7.5
BAX, EMILE 6
COTE, DALTON 6
ACKERMAN, CHARLES 3
HOPKINS, NEIL 1.5
ORAM, GUY 1.5

Women 1 – 19

FARNELL, BETH 21
BELL, KATIE 16.5
SEXTON, LESLIE 15

Men 1 – 19

ACKERMAN, CHARLES 21
FARNELL, DAVID 19.5
STEIN, KEMPEE 16.5

Women 20 – 29

SCHNEEBERG, AMY 30
BURGESS, MELANIE 19.5
LYNCH, DAWN 12

Men 20 – 29

CUMMINGS, TRAVIS 15
HARMAN, GAVIN 15
SETLACK, MATT 12
YOUNG, ROBERT 12

Women 30 – 39

SVIAJINA, MARGARITA 30
HERMAN, KATYA 13.5
BERDAN, STACEY 12
ELIOT, KRISTIN 12
OSTIC, HEATHER 12
READE, LESLIE 12
SANDS, SANDRA 12

Men 30 – 39

DUNBAR, KEVIN 30
SMITH, SIMON 19.5
WORKMAN, BRENT 16.5

Women 40 – 49

VOTEARY, SHARON 16.5
NICHOLSON, AGATHE 15
MILLSON, KAREN 15

Men 40 – 49

MILLER, ROB 27
MARKOTICH, DAVE 16.5
TAGGART, JEFF 15

Women 50 – 59

MYERS, SHIRLEY 30
DUKE, ROSANNE 13.5
RELYEA-VOSS, JILL 13.5

Men 50 – 59

CANTLAY, AL 30
LANSDOWNE, BRIAN 16.5
BRAND, ED 13.5

Women 60 – 69

MILTON, DORA 30

Men 60 – 69

MARSHALL, PJ 24
BEAUDOIN, CHARLES 15
MAYBURY, STEVE 15

Men 70 +

BEENEY, ROBERT 30
KNOWLES, DOUG 12