



The Runner

Official Newsletter of the Kingston Road Runners Association

October, 07

You'd better
not miss our
anniversary
this time!



The last time the KRRA held the Anniversary run, things got, well, wild!

About a hundred runners showed up at the Glenburnie Church on Middle Road for the last running of this venerable race.

Runners started under a clear blue, but darkening sky. Just a few minutes out, the rumble of thunder started getting louder and louder. Everyone in the race was confident that they'd finish before any really bad weather broke out.

Then the really bad weather broke out!



Even the fast people had to finish in a crazy torrent of wind and driving rain...punctuated by bolts of lightning and crackling thunder.

Perhaps it was an omen of sorts. Last year, the Anniversary run did not happen.

But that was then. Witness the following news release from KRRA member Ed Brand:

After an absence of a year, Kingston Road Runners are very pleased to announce that the Anniversary Run is back for 2007. The race will be held on Nov. 4, at 1:00 p.m. The start and finish will be at The Landings Golf Course and Teaching Centre which is located next to Norman Rogers Airport. The course will wind through the more scenic areas of Kingston West. Registration information will soon be available at www.krra.org. Volunteers are needed - email me at anniversaryrun@gmail.com.

Prez
Sez



PJ Marshall

What is KRRA to you????

Each member of the board will likely have their own interpretation but here is mine. Kingston RoadRunners Association is a board of directors whose aim is to enhance running and road racing in Kingston and Region. The past few years we have included in that aim young people who have not yet become runners through a Charity called Kids-Fest which takes a Running and Reading program into Kingston Area schools. After the first year of children changing grades at First Avenue Public School, we have seen several children become much more athletic and to feel better about themselves. KRRA provides funding to continue that program.

We sponsor Road Races through out the year to allow people to test themselves in almost all distances throughout the year. These races cover Jan... (Resolution Run) Feb.... continued on page 2



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Runners' Choice has the plan to get you ready for '08!

The **Runners' Choice** training groups are really the best in Kingston. They're an excellent way to get your body and mind ready for the season to come.

To recap: Monday nights you can join the Running Dragons for 5, 8 or 10k runs through the city, RMC and CFB Kingston. Every speed is welcome to run, and come back afterward for nachos and some great socializing. It only costs \$25 per year, and that comes with amazing Running Dragons Swag!

Tuesday we get serious. It's a 45 minute strength workout at RMC, first at the point, then into Barriefield for some well-coached hill work. Meet up time is 5:45 at the Fort Henry Ticket booth. Call the store at 542 2410 to be sure.

Wednesdays at six pm there's a 5k fun run from **Runners' Choice**. Again, there's always someone going your distance and your speed, so everyone is welcome. Afterward, we head to a local spot for a bit of socializing.

Every Thursday at 6pm the all-women's group leaves the store at 260 Princess for a 45-60 minute run through the city. There's a new route ever week, and when you get back, you get the store all to yourself!

Sundays it's time to go long and slow. Distances start at 8km and go up to ??kms. This is not about speed, so nobody gets left behind. Plus, the easy out-and-back route makes it convenient for anyone who wants to head home early. Meet at the Second Cup on Princess (right across from the store) at 8:30 every Sunday.

Prez Sez, continued from Page 1

....(Twosome) April (5K, 10K, 21K Half Weekend), July (Limestone Mile) Sept (Hotel Dieu) and Nov (Anniversary) and have added other races in the region to fill out the year.

We understand that most of our members have become very successful at running and they have continued other challenges like Duathlons, and Triathlons, while some also do speed skating. We brought in a new points system to highlight the faster runners and to include them in the end of year awards.

The annual meeting is coming up Nov 22nd at the Brew Pub upstairs where we will also give out our annual Awards. Please add this date to your calendars and think about joining the board to add your voice to help make KRRA what it can be.

P J

Got a run you'd like to rave about? Let us know at jelyot@yahoo.com



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...WANT TO DO MORE THAN JUST RUN?

This is another request to come and join the board of KRRRA. We do not want you to take on a job you find too challenging. The more everyone succeeds the stronger KRRRA becomes. You can do your own thing like the following did;

"We need better stats"

This past year *Maxime Feuillat* wanted to improve the stats on our races. He took this project on.

"I never know what my KRRRA is doing"

Jim Elyot remembers when this club had a frequent paper newsletter. He wanted to improve our communication believing the more people know what is going on the better and make it online and almost monthly. He pushed others to write articles. We want your articles too as the more you do the less falls back to Jim.

"How can we attract more runners to our events?"

Kevin Dunbar suggested our races be certified so national runners would have confidence in our race distances. After given a little mechanical counter, Kevin took this on, completing all the documentation so

some of our races are certified. Kevin also started interviewing local runners and documented his findings on our KRRRA.org website as a profile on these athletes.

"What happened to last year's Anniversary Run?"

Ed Brand said he liked the races being held all over the Kingston Region, and he was concerned that the Anniversary Run was being dropped for the lack of a Race Director. Ed contacted people at the Airport and KRRRA is now bringing back our Annual Anniversary Run, similar to other runs held at the Airport in the past. Ed was not a board member but stepped forward to help



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running in our community.

"What does the KRRR DO?"

Last year KRRR wanted to start a KidsFest Program in Kingston. The Club wanted to donate funds but without a strong leader KidsFest would not allow a program in their name to start. This was discussed at the board meeting. *Amy Schneeburg* stepped forward and said she would be the program manager. Last year's Read and Run program at 1st Avenue School here in Kingston was a huge success. Thanks to the efforts of Amy and her volunteers,

a huge group of kids from the school raced in Toronto at the Kidsfest 5k. We're back in 1st Avenue again this school year and are in the midst of starting up at another inner-city school as you read this.



"You know what we really should do...?"

What can you do to help make the Kingston Running community better? I believe the first step is

to come to the board meeting and the awards being held upstairs at the Brew Pub.

Putting your name forward for the board is voluntary. You will need to speak up.

We normally meet one Monday a month and hold the meeting at the Brew Pub.

In summary a lot of people from KRRR (and I likely left out some others)

helped improve the running community in Kingston as board members or as interested persons. Please think about joining us for our monthly meetings. It all starts Nov 22nd.



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STANDING AS OF SEPTEMBER 24, 2007

Women Overall

SCHNEEBERG, AMY 70
SVIAJINA, MARGARITA 42
SWAN, VICTORIA 34
MYERS, SHIRLEY 33.5
BURGESS, MELANIE 30
LYNCH, DAWN 29.5
OSTIC, HEATHER 29.5
MILLSON, KAREN 28
NICHOLSON, AGATHE 24
TAGGART, SUZETTE 23

Women 1 – 19

BELL, KATIE 35.5
FARNELL, BETH 21
MOORE, RICHELLE 20
PERRY, HANNA 20

Women 20 – 29

SCHNEEBERG, AMY 70
BURGESS, MELANIE 56
SWAN, VICTORIA 32

Women 30 – 39

SVIAJINA, MARGARITA 65
SANDS, SANDRA 49.5
BERDAN, STACEY 46

Women 40 – 49

MILLSON, KAREN 44
ARMSTRONG, JOANNE 37
NICHOLSON, AGATHE 35

Women 50 – 59

MYERS, SHIRLEY 95
HOLTOM, DEBORAH 63
RELYEA-VOSS, JILL 47.5

Women 60 – 69

MILTON, DORA 67 MAYBURY, STEVE 70
MASON, JUNE 38 MARSHALL, PJ 63
JONES, WENDY 20 LODGE, GRAHAM 53.5

Wheelchair Open Division

BLACKFORD, KAREN 50

Men Overall

DUNBAR, KEVIN 75.5
WILKINSON, COLIN 45
MILLER, ROB 39
BURNS, BRET 33.5
CANTLAY, AL 31
RAAFLAUB, RICHARD 30.5
TAGGART, JEFF 27.5
MURRAY, CODY 26
FRANTZESKOS, SAVVAS 24
ROWLATT, ROB 22

Men 1 – 19

ACKERMAN, CHARLES 49
MURRAY, CODY 30
HINTON, ALEXANDER 24

Men 20 – 29

BURNS, BRET 32
HARMAN, GAVIN 25
SETLACK, MATT 24

Men 30 – 39

DUNBAR, KEVIN 80
HOPKINS, NEIL 56
ROWLATT, ROB 46

Men 40 – 49

MILLER, ROB 59
WILKINSON, COLIN 50
RAAFLAUB, RICHARD 46

Men 50 – 59

CANTLAY, AL 82
BOER, CHRIS 69
MACDONALD, BRIAN 53.5

Men 60 – 69

GOLEMIEC, JOHN 22
BROWN, GLENN 20
SUDLOW, JJ 20

Men 70 +

BEENEY, ROBERT 69



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NEXT RACE? COMING SOON!

Nine down and one more to go!

It seems like just yesterday we were freezing our butts off on Fort Henry Hill in the Resolution Run. The half came too quickly, then it was summer and suddenly, here we are...getting ready for the return of the KRRA Anniversary Run.

As you can see on the previous page, this race will decide who ends up where in the standings.

Please do what you can to be at this race. Run, volunteer or just come out and cheer!

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!

| 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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Where do you run?

ALWAYS COOL AND SHADED IN THE SUMMER



ALWAYS SHELTERED FROM THE COLD WIND IN THE WINTER

YOU CAN RUN A DIFFERENT TRAIL EVERY DAY FOR WEEKS...



...OR YOU CAN SET YOUR SPEED ON YOUR "REGULARS"



RUN IT WITH A FRIEND

OR RUN IT ALONE

BUT AT LEAST ONCE, YOU'VE GOT TO RUN LEMOINE POINT

Jim Elyot

