

IN THE BEGINNING . . .

Distance runners in the late 1960s were a small but growing group. Most ran alone or in small informal groups, often eliciting puzzled stares or some ridicule from passersby. Organized athletics were mainly centered in schools, colleges, or track clubs. No distance running clubs existed in London although the idea of forming one had been discussed by various local runners.

1972

Thought gave birth to action on Sunday, September 17, 1972 under a tree in Springbank Park. Four London runners, Larry Drysdale, Gord Jackson, Len Smolders and Alex Vance formed the London Pacers. Len was the first President and Alex the first Secretary-Treasurer. The main purpose in forming the Club was to pool race information and travel to races together. The membership fee was set at \$5.00 per year.

Within a week, Bob Gage had mentioned the Pacers in his London Free Press column and regularly publicized the Club thereafter. He was made an honorary Pacer in 1972. He is still the only person honoured with that title. The Pacers held their first meetings at the National Film Board Office and had access to their running films. This was thanks to another runner, Bob Burbridge.

The 4 original Pacers soon competed in races and more runners joined their ranks including Jerry Gonser, Graham Repel, Scott Bailey, Bruce Williamson, and Bill McInnis. Bill had been instrumental in founding the Springbank International Road races in 1968 and virtually all the early Pacers helped with that race.

1973

By April 1973 the club had 24 members including 2 out-of-towners, Bill Trace from Saginaw, Michigan and Greg Burr of Sarnia. Seven Pacers ran the Boston Marathon that year – total number of starters was 1400.

In May 1973 the first Pacer Newsletter was published, edited by Dave Prokop. It was 2 mimeographed pages and contained a list of upcoming races, race results and a membership list. Dave soon left for California and the staff of Runners' World magazine although he remained race director of Springbank International for many years. Alex Vance took over as editor as well as serving as President. Len Smolders was now Secretary-Treasurer.

On May 21st the Pacers won the team trophy award at the Alvinston to Watford ten mile race. Members of that team were Dave Wise, Scott Bailey, Pat Reid, Jerry Gonser and Alex Vance. In June several Pacers and their supporters bussed to Camp Borden for the Masters Track and Field Meet. Len Smolders placed 1st in the over 50 category of the 10,000m run in 41:24. He later placed 1st in the same category at the Canadian 15 mile Championship in Etobicoke.

The Pacers held their first Club Championship on Sept. 10, 1973 in Springbank Park – distance, 3 loops of the park, about 9 miles. Dave Wise was the overall winner in 48:45 and the post race party was hosted by Garry and Wendy Dowling. The tradition of combining running and celebrating together had an early start in the Pacers!!!!

1974

In 1974 the meetings were held in the Good Cheer Room at Labatt's, food and refreshments were available, all thanks to Pacer and Labatt's employee Don Beattie. Membership fee was now \$7.00 and it remained that rate until 1982. To pay the OTFA fee of \$50.00, members held a Runathon, very much a family affair. Spouses provided refreshments while Len Smolders kept track of the times and laps of the participants. \$150.40 was raised.

By June the Pacers had 40 members. Jim Gilchrist had replaced Alex Vance as President. Pacers were active in many Ontario and Michigan road races, especially the marathons. Nine Pacers went to Boston, 5 to the Octoberfest Marathon in Kitchener and 3 to the first Skylon Marathon. The club members seemed to be very oriented to the longer distances. The Club Championship was held on Nov. 10th and Dave Wise repeated his win in 48:16 and again the Dowlings hosted the post-race festivities.

1975

Thirteen Pacers competed in the 1975 Boston marathon led by Dave Wise in 2:30. Eight Pacers recorded PB's. The marathon attracted 2,000 starters prompting race officials to raise the entry standards to a sub 3 hour marathon for men. The standard for masters and women remained at 3:30.

The Pacers got into the movies in 1975! Dave Monteith, Scott Bailley, Garry Dowling, Jim Gilchrist, Ian Dale, Morrison Reid and Jon Arnett appeared in the movie "Second Wind" starring Lindsay Wagner. They starred as runners in a race filmed in part at J.W. Little Stadium. For their efforts they each received \$99.00.

The 1975 Club Run was won by Morrison Reid in 44:46. 27 runners participated and again went to the Dowlings' place for the post-race party. Garry also became the Club Secretary-Treasurer.

1976

In 1976 Club meetings were moved to the London Life Building, their present location. Meetings were fixed for the second Monday of each month and enjoyed good attendance. Often speakers talked about various aspects of running, equipment, diet, training methods, health etc. The Pacers applied for and received a Wintario Travel Grant for \$702.00 which was divided amongst the 10 Pacers who competed in the 1976 Boston Marathon.

1976 marked the start of the Pacer Fun Runs on summer Sunday mornings in Springbank Park. Garry Dowling and Ian Dale were instrumental in laying out the routes, obtaining the certificates,

drawing up the schedules and time standards, and running the races. 94 certificates per week on average were handed out that first year. Many current Pacers joined the Club via the Fun Runs.

Bud Willis won the 1976 Club Run in a time of 48:20. 24 runners competed, a sizeable percentage of the entire membership.

1977

By July 1975, 7 issues of the Newsletter had been published. The next Newsletter did not appear until March 1977, edited by Bill Buck. Bill began each issue with a colourful, highly entertaining editorial followed by articles from well known runners, especially George Sheehan and Joe Henderson, entry forms, and often running related articles from the Physical Education and Recreation Services of the Canadian Forces Base, London.

Forty-five Pacers comprised the membership in March 1977. Bob Baumel (Mr. Metric) produced a complete guide for operating the Fun Runs. The number of certificates handed out each week averaged 131. By October, the membership was 57 including the first woman Pacer, Claudette Noonan. Jim Gilchrist and Garry Dowling retired as President and Secretary-Treasurer and were replaced by an executive committee – Art Obokata, Brad Lessard, John Gaskin and Garry Dowling. Bill Beattie was the 1977 Club Champion in 48:22. For the first time women competed in the race – Linda Findley and Dianne van Leeuwen. Apres-race festivities were hosted by Jim and Lois Gilchrist.

1978

1978 information is rather scanty as the Newsletter was not published from June 1978 to January 1979 as Bill Buck was away in the Middle East. However the popularity of the Fun Runs continued to increase and 141 certificates on average were given out weekly. Bill Beattie again was Club Champion in 49:13. Many Club members were unhappy that non-members were allowed to compete for prizes. In future only paid-up Club members would be eligible for trophies although non-members were welcome to run in the race. On November 25th Alex Vance completed the 50 MILE run and Ab Willis and Bernie Conway the 50 k run at the Vic Tanny Marathon Plus in Toledo, Ohio.

1979

The 1979 Newsletters had a new logo, editor, and format. Dave Gaskin designed the new logo which featured a running figure under the words “London Pacer Running Club”. Phil Moreash took over as editor and the Newsletter content included Club minutes, Pacer profiles, a column by Bernie Conway “The Running Board” which outlined up-coming races and results, and articles from members. First Pacers profiles were about Bill Beattie and Marg Potter.

Bill Buck drafted the Club Constitution which was approved by the membership on March 12th. By-laws were subsequently written and approved.

Former President Art Obokata set an American record (60-64 age group) in the 300 yard event (40.09) came 2ND in the 50 yard sprint (6.8), and placed 3rd in the long jump at the U.S. National AAU Master's and Sub-Master's Indoor Track and Field Championship in Ann Arbor, Michigan.

Twelve Pacers competed at Boston in 1979 including Linda Findley with a time of 3:15. The Fun Runs continued to attract more runners and 152 weekly certificates on average were issued. The total Club membership had increased to 88 in September. Joe Pineau was awarded a Life Membership in the Pacers and so had his annual fees waived. Marg Potter completed her first marathon in Toronto in 3:50. A week later she completed Skylon in 4:05 and was on her way to a record number of marathons.

The Club Run was held on November 11th. Bill Beattie was the overall winner in 48:21. Over 50 runners competed and then adjourned to Maureen and John Gaskin's home for awards and refreshments. Bernie Conway won the Pacer's "Most Improved Runner" award and Garry Dowling was honoured for his 5 years of service on the Pacer Executive.

A new executive was elected in December. They were:

President	Dave Thomson	Vice-President	Bruce Pellow
Secretary	Bob Baumel	Treasurer	Bill Buck
Newsletter Editor	Phil Moreash	Race Reporter	Bernie Conway
Fun Run Chairman	John Gaskin		

1980

1980 was a major year for the Pacers. The Club was approached by Sport 'n Shoes and Brooks Shoe Company to organize a 10 k road race. Bernie Conway and Bob Baumel investigated and recommended Pacer participation in the event. The membership agreed and arrangements were made for the run in Springbank Park on April 27. The Pacers organized and operated the race, the sponsors paid all expenses and paid \$1.00 to the Club for each entrant. Dave Thomson was named Race Director. The race was well organized and ran very smoothly. 333 runners entered and over 300 finished. Overall winner was Rob Earl in 30:26, first woman was Linda Staudt in 35:23.

About this time group training runs were suggested by Bruce Pellow. Soon a number of Pacers met every Sunday at 9:00 a.m. in Springbank Park. The current pack run developed from this group.

The sudden death of longtime Pacer Ab Willis on April 20 greatly saddened the Pacers. Ab had been a very active, well liked member. To honour his memory, the Club decided to name the trophy for Club Grandmaster after him. Ab's son, Bud was also an active Pacer.

The Fun Runs continued to attract many runners to Springbank throughout the summer. An average 145 certificates were issued weekly. Unfortunately, the PUC abandoned its policy of not allowing vehicular traffic into the Park until 1:00 p.m. on Sundays. Despite strong protests from Bernie, the PUC maintained their position and suggested the Club relocate the Fun Runs in Greenway Park. The

matter was discussed over the next several months and the Club decided to stay in Springbank but start the runs earlier to avoid heavy traffic.

The Club Run on Nov. 2 attracted 37 runners and was won by Marc Roberts in 46:18. The after party was convened at the home of Penny and Tom Brown.

The December meeting was held at Bruce Pellow's home. The entire executive was re-elected except Brian Hobbs replaced Phil Moreash as Newsletter Editor. The Club finished 1980 with over 100 members, a successful 10 k race organized and a healthy bank balance of \$655.82.

1981

1981 was a year of continued growth in the Club and new ventures were begun. At Marc Roberts' suggestion, members rented the Thompson Arena track for winter workouts. Once spring arrived members held weekly speed workouts at Ross Park and later at Roberts track.

The London Pacers 10 K Road Race was run on April 25. Dave Thomson was again Race Director. Sport 'n Shoes had to withdraw as sponsor because of financial difficulties but fortunately Athletic Sportswear on Dundas St. agreed to sponsor the race. 330 runners finished the race including some blind runners. Chris Brewster was the overall winner in 31:03, 1st woman was Pacer Linda Findley in 38:55. London Cablecast taped the race, John Gaskin was the commentator. The race was again well organized and ran very smoothly. It reaped \$1106.34 profit for the Club.

Peter Elkerbout organized a bus to take Pacers to the 10/20K races in Frankenmuth on July 4. That bus trip was so popular, it has been repeated many times. Several of the athletic stores offered Pacers 10-15% discounts and the variety of running shoes and gear to choose from was rapidly growing. So, too, was the number of races. Most weekends, runners had several races to choose from within a reasonable driving distance of London. Car pools were often formed to get to the races. Bernie did (and continues to do) a terrific job of publicizing upcoming races and reporting race results. The 1st triathlon in Canada was held at Cambridge on Aug. 30. It featured a 1 K swim, 10 K run, and 20 K cycle. That sport has enjoyed great popularity in the 80's and many Pacers have competed in a triathlon.

The 1981 Fun Runs continued to be very popular but the peak had passed. About 100 certificates per week were issued on average. Runner safety continued to be a major concern but the Runs remained in Springbank. Bob Baumel who had done so much for the Fun Runs, for accurately measuring the running routes, and for keeping meticulous minutes as Club Secretary left for a job in Oklahoma. Mike Boyle ably took over the position of Secretary.

Dave Thomson arranged for the Pacers to have the back room at the Poacher's Arms for an "after meeting brew", a popular tradition ever since.

The Nov. 1 Club run had 65 entrants and gold, silver and bronze medals were awarded to all finishers depending on their time. Overall winner was Marc Roberts in 46:44. Janette Van Leeuwen was the 1st woman finisher in 58:18. Bruce and Gail Pellow hosted the party afterwards.

At the December meeting, the newly elected executive were:

President	Bruce Pellow	Vice-President	Marc Roberts
Secretary	Mike Boyle	Treasurer	Paul Kershaw
Race Reporter	Bernie Conway	Social Convenor	Willie Wigmore
Membership	Peter Elkerbout	Newsletter Editor	Brian Hobbs
Fun Runs	Marilyn Gaze, Ted Lawson		

1981 membership had grown to 123.

1982

1982 saw the Club inaugurate more activities. The 1st Pacer Dance was held on Feb. 20 at the RCAF Wing Club near the London Airport. Willie Wigmore did a great job organizing the dance and pot luck supper and the event was well attended. The Pacers also had a display in Westmount Mall in early April to promote the Club and running in general. Bruce Pellow and Bernie Conway organized a “Boston Group” for Pacers wanting to run in that classic marathon.

Dave Thomson again ably directed the London Pacer TAB Cola 10 K Road Race on April 25. Nearly 500 runners entered, a significant increase. Repeat winners were Chris Brewster (29:48) and Linda Findley (37:46).

New membership rates were adopted in 1982 – they had last been raised in 1974. A single membership was now \$15., \$25. for a family, and \$10. for an elementary or secondary school student. A By-law was passed: only paid up Club members as of Sept 30 were eligible to win awards at the annual Club Run. A bus of Pacers went to Frankenmuth, winter track workouts continued at Thompson Arena, speed workouts at Ross Park and Robarts track were held, and the Sunday morning pack runs drew increasing numbers. Yoga classes, instructed by Rita Cameron, at Ecole Alexandre were launched. Sadly, Pacer Anna Van der Borch passed away.

Life memberships were awarded to Charlie Kirk and Len Smolders in September for their service over many years to running and the Pacers. Unfortunately, Marc Roberts was injured. Fortunately he used his time off from running to edit the newsletter. A new feature was the single frame cartoons by Terry Smith and Peter Morris. The Pacer profile was re-introduced with an interview with Bruce Pellow.

The 1982 Club Run was held on Nov. 7. Steve Sullivan led 57 participants in 46:36. First woman was Janette Van Leeuwen. The post-race party was held at the Lambeth Legion Hall. The December election produced an unchanged executive except Gary Owens and Marc Roberts were jointly writing the newsletter. Peter Juknys took on the job of Race Director.

1983

The January 1983 Club meeting featured a panel of Pacers- Steve Sullivan, Jim Gilchrist, Linda Bower and Peter Juknys- discussing their training, shoes, diet etc. This format was well received and has been repeated with other Pacers on other topics.

The 2nd Annual Pacer Dance was held on Feb 12, again at the RCAF Wing Club, again well organized and attended. The Pacer 10K Race was another success story, attracting 540 finishers. Peter Haase became the 1st Pacer to win a Marathon on April 30 n dreadful weather in Saginaw. His time was 2:33:04.

The November Club Run attracted 43 paid up members and was won by Steve Sullivan in 45:51. Elfriede Munroe was 1st woman in 57:26. The post-race party was held at the Army/Navy Club in Lambeth.

The following executive was elected in the Dec. meeting:

President	Marc Roberts	Vice-President	Peter Haase
Secretary	Wendy Sullivan	Treasurer	Sean Crowe
Membership	Willie Wigmore	Race Director	Peter Juknys
Social Convenor	Lynda Bower	Fun Runs	Steve Copeland
Race Reporter	Bernie Conway	Newsletter Editor	Gary Owens

Theo Brinkman became the 4th Pacer to be honoured with a Life Membership.

The 1983 Newsletters had more original cartoons, articles and poems, usually in a very humorous vein, than any previous Pacer publications. As well as being highly entertaining, the Newsletter was very informative. Bernie Conway continued to write "The Running Board" and there were some great profiles done on Angela Moore, June Larkin, Linda Roberts, Jerry Gonser, Marc Roberts, the Van Leeuwen Family, and Rick and Linda Bower. Marc Roberts and Gary Owens, with considerable input from Bob Jamieson, did a 1st class job.

1984

1984 was a busy year for the Pacers, athletically and socially. The Annual Pacer Dance was held again at the RCAF Wings Club. Gary Owens drew up the GREAT PACER QUESTIONNAIRE which the majority of members filled in. The purpose was to get a profile of the Club and how it could better serve its members.

425 runners entered our 10K Race in April won by Paul Roberts (31:14) and his wife Kathy (36:47). Peter Juknys had once again organized an excellent race which showed in \$1300. profit.

In May, the proposed constitution changes which Peter Haase had drafted were approved. Ron Falk and Elfriede Munroe led the men and women in the Alvinston to Watford Race. Linda Findley won the women's 2 mile (10:59) and 1 mile (5:07) events at the Master's Indoor Track and Field

Championships in New Jersey. Over ½ the Pacer membership, 76 runners, competed in the Forest City 10K Road Race. Peter Elkerbout was the Race Director. 4 Pacers participated in the Banff-Jasper Relay – Peter Juknys, Theo Brinkman, Marg Potter, and Alan Dick. In July, Ron and Tracy Falck organized a camping weekend for Pacers at the Pinery. A large contingent of Pacers ran in the St. Catherine’s Run-For-The-Grapes in September. The Pacers won the 20 member team trophy plus each member received a 2 piece running suit.

Ron Falck was the 1984 Club Champion in 44:49, Kathy Roberts led the women in 53:37. Jack Albin came closest to predicting his time in the Predictor-Run. The post-race party was held in the Byron Legion.

The annual election of officers was held at the November Club meeting. The results were:

President	Marc Roberts	Vice-President	Bob Jamieson
Secretary	Wendy Sullivan	Treasurer	Sean Crowe
Race Director	Peter Juknys	Membership	Willie Wigmore
Publicity	Dennis Kalichuk	Fun Runs	Peter Haase
Social Convenor	Lynda Bower	Newsletter	Gary Owens
Race Reporter	Bernie Conway		

Dennis Kalichuk arranged the printing of a Pacer Information sheet and televised advertising sports for the Fun Runs, whose popularity has been seriously declining in recent years. CFPL-TV paid the costs in exchange for Pacer expertise and assistance in running their 10K race in February which Bernie was directing.

1985

The 1985 Pacer Dance was held on February 9 at the Byron Legion, well organized by Lynda Bower. The Coca Cola Co. sponsored a Pacer booth at the Western Fair Sport Show Feb. 6-10. Wendy Sullivan organized the booth and many Pacers spent some time sitting in it. Others helped or ran in the CFPL-TV 10K Race on Feb. 10- all in all an extremely busy week for Club members.

The Pacer/Diet Coke 10K Race held in April had 337 entrants. Paul Roberts won for a 3rd time in 32:21. Brenda Thomson led the women in 38:12. Another successfully organized race for Peter Juknys which made a \$1200. profit.

Many Pacers ran in the great Canadian Participation Challenge on May 29, leading a 1 lap fun run around Springbank Park. Footage was shot for the upcoming commercial promoting the Fun Runs.

In July, Steve Bright and Howard Plotkin organized a Pacer picnic at Coldstream Conservation Area. A pot luck lunch and novelty races were featured.

Peter Haase won the Saginaw Marathon in May and Marc Roberts won the Scotty Hanton Marathon in August. Art Obokata won the 60+ division in the 400m hurdles at the World Masters Track

and Field Championships in Rome in 1:17.8. Charlie Blancher was a prolific winner at the master's games in Toronto. In the 60+ division he won the 8K cross country run, the 1500M and 5000M events and came 2nd in the 10K race.

The Club Run was won by Peter Haase in 48:42. The post-race party was held at the Byron Legion.

The annual elections produced the following executive:

President	Dennis Kalichuk	Vice-President	Ian Campbell
Secretary	Teresa Wyatt	Treasurer	Ian Mitchell
Race Director	Marc Roberts	Membership	Tracey Falck
Publicity	Brendan Wycks	Social Convenor	Elfriede Munroe
Fun Runs	Steve Bright	Race Reporter	Bernie Conway
Newsletter Editor	Gary Owens		

1986

A trumpet blast from Bruce Pellow started the Pacer's New Years Day Run. About 30 Pacers had a gentle 3-10 mile run from the Sullivan's home. Refreshments followed.

The Club's first speaker for 1986 was Dr. Jim Gilchrist who had just returned from serving 4 months at Camp London in Ethiopia. He returned there later in 1986 for a further 1 year stint.

The Annual Pacer Dance, organized by Elfriede Munroe, was held at the Berkshire Club for the first time and was well attended.

The Club was featured in a February article in the Frontrunner Magazine, written by Brenden Wycks. Pacers again provided much of the raceday help for the CFPL-TV 10K Race, organized again by Dennis Kalichuk.

The Pacer 10K Race was won by Bruce Deacon in 31:35. Doone Riley was the 1st woman in 37:33.

Declining attendance at the Fun Runs caused a change of format in 1986. From May to October they were held every second Wednesday at 6:15 p.m. in Springbank. The 400M was run first followed by a simultaneous running of the other races.

The Pacer Picnic was held in Greenway Park and featured the "Pacer Mile", a run for the kids, and a pot luck lunch. Marc Roberts won the mile in 4:39.

The Springbank International was in grave danger of folding. Only 5 weeks before the race date Dennis Kalichuk agreed to organize it and with the help of several Pacers he staged a very good race. Later the old Springbank Road Race Committee donated \$1000. to the Pacers.

The November Club Run had a return of the Predictor Run, the usual 3 loop race plus a 5K Race was inaugurated. Ron Falck won the 3 looper in 47:51, Linda Roberts was the 1st woman in 63:40 while Dennis Kalichuk captured the 5K trophy in 16:55 and Lynda Bower took the women's title in 21:06. A super post-race party followed at the Fitness Forum where members showered, had a whirlpool, watched the NYC Marathon, enjoyed a buffet lunch, won prizes, and watched the trophy presentations.

After much discussion it was agreed to cancel the Fun Runs because of lack of interest in the community. Club fees were increased to \$25. for a single membership and \$35. for a family. A Club photo was taken at the November meeting. A November highlight for several Pacers was running with Rick Hansen when his Man in Motion Tour came to London.

The new Pacer executive is:

President	Dennis Kalichuk	Vice-President	Sue Vuylsteke
Secretary	Teresa Wyatt	Treasurer	Ian Mitchell
Race Director	Dann Morrison	Membership	Elfriede Munroe
Publicity	Bruce Pellow	Social Convenor	Harry Littleton
Newsletter Editor	Gary Owens	Race Reporter	Bernie Conway

1987

Our 15th year as a running club began with the New Years Day Run from the Sullivan's. About 35-40 pacers ran 3-10 miles and then enjoyed each others' company over muffins, tea and coffee.

The Annual Pacer Dance featured a buffet supper, great music, lots of prizes, lots of Pacers and a new location, the Paddock Lobby Room at the Western Fairgrounds. Harry Littleton earned a lot of compliments for organizing a great evening. A week later the Pacers were again helping at the TV-London 10K Race. For our efforts CFPL-TV paid the printing costs of our Club information sheet. Over 400 runners competed. Pacer Janet Dick won the woman's race.

Dann Morrison organized another very successful Pacer 10K Race on April 26. The following evening, Harry Littleton arranged a Pub Nite at the Poacher's Arms-dinner and a contest for the rarest and tackiest T-shirts included!

Any road race within 200K of London usually had a Pacer in it. Some Pacers ventured much further. Marg Potter competed in the Las Vegas Marathon. Bruce Pellow won the Marathon at Sudbury, and Linda Findley and Janet Dick were members of an elite women's team that finished 12th out of 119 (mostly male) teams in the Jasper-Banff 24 Hour Relay. A Club-chartered bus took a number of Pacers to Frankenmuth for the July 4th races and festivities.

The Springbank Road Races were well organized and attended and included a race for race walkers and a corporate challenge race. Springbank looks to have a promising future once again.

In November, the Club elections produced the following executive:

President	Wendy Sullivan	Vice-President	Kathy Roberts
Secretary	Marg Potter	Treasurer	Dianne Van Leeuwen
Membership	Bob Munroe	Publicity	Charlie Blancher
Social Convenor	Harry Littleton	Newsletter Editor	Steve Sullivan
Race Reporter	Bernie Conway		

The Race Director has yet to be found.

1972-1987 . . . only 15 years, a speck on the time line of history and yet what changes the London Pacers have witnessed. From a club of 4 members, we have grown to a current membership over 160 and in those 15 years, some 500 people have called themselves Pacers. For its first 5 years, the Club had only male members although women were never discouraged from joining. Now women comprise 30% of the membership, many women have served on the executive, and recently the Club elected its first woman President. In 1972, running clothing tended to be baggy and subdued. Today, athletic attire is unlimited in its choice of style and colour and athletic footwear is scientifically engineered. 15 years ago, distance runners had 1 London race to compete in-Springbank international. Today, in addition to Springbank, there are the annual TV-London, London Pacer and Forest City 10K Races, the Bob Hayward Y Run, Run for the Heart, St. Joseph's Hospital Research Run and the Terry Fox Run plus various others that are held occasionally. In 1972, Boston was the farthest race most local runners would travel to. In the last 15 years, Pacers have competed in races from Hawaii to Holland and many points in between, in Japan and Australia too. Speaking of Boston, in 1972 this most popular marathon attracted fewer than 1400 runners. In 1987, the most popular marathons, in NYC and London England, had over 20,000 entrants. Triathlons were unknown in 1972. Today triathloning is referred to as "The Sport of the 80's". How have the Pacers survived these changes? PACERS HAVE KEPT PACE WITH THE TIMES!!

How has the Club done in meeting our founders' original purposes? They founded the Club to pool race information and travel together to race. Thanks to Bernie Conway, Pacers are kept fully apprised of races and within the Club are members more than willing to share their knowledge and experiences of various races. Pacers have always arranged car pools, busses, even airplane block bookings and shared accommodation for many races.

And how has the Club done at meeting our own constitutional objectives?

1. TO PROMOTE PARTICIPATION IN THE SPORT OF RUNNING IN THE COMMUNITY.

Through the Fun Runs, our own 10K Race, through the expertise and assistance Pacers have brought to other races, through mall displays, the Pacers have certainly given Londoners information about and opportunities to participate in running.

2. TO ADVISE AND MOTIVATE NEWCOMERS TO THE SPORT.

Pacers generally are more than willing to share their running knowledge and experience with those new to the sport. They will often steer newcomers to Pacers of similar ability to train with.

3. TO PROVIDE INFORMATION REGARDING ALL ASPECTS OF RUNNING TO CLUB MEMBERS.

Over the Club's history, speakers on almost every conceivable running related topic have addressed the Club. An equally wide range of articles have been published in the Newsletter. Furthermore, there are within the Club, several members who have professional expertise in many aspects of running, health, exercise etc. and who willingly share that knowledge.

4. TO WORK WITH OTHER CLUBS, RUNNING ASSOCIATIONS AND ORGANIZATIONS TO PROMOTE RUNNING.

As mentioned, Pacer expertise and assistance have frequently and willingly been given to many groups in setting up and running races.

5. TO PROVIDE A SOCIAL ENVIRONMENT FOR RUNNERS OF ALL AGES AND ABILITIES.

The list of social events Pacers enjoy is a long one- our Annual Dance, picnic, Pub Nite, Post-Club Race Party, New Years Day Run not to mention the beer or two together at the Poacher's after Club meetings. The track workouts and pack runs also allow us to enjoy each other's company while training. And doesn't it give you a lift to hear Pacers cheering you on at races!! Our Club has a well deserved reputation for being VERY vocally supportive of its members!

I hope this examination of our roots give us great pride in our Club's accomplishments and direction for our future.

Special thanks to Len Smolders, Alex Vance, John Gaskin, Janette Mitchell, Willie Wigmore, and Steve Sullivan for their help in preparing these archives.

Wendy Sullivan