

October 2015



# The Pacer

## Newsletter

**The London Pacers Running Club**

[www.londonpacers.on.ca](http://www.londonpacers.on.ca)



### **TURKEY TROT**

#### **2K & 6K CROSS COUNTRY RACES**

Monday, October 12, 2015

2K at 10:00 6K at 10:30

Fees just \$5 and \$10



**Main Picnic Pavilion, Springbank Park**  
**Please come out and run or volunteer**  
**Race day registration starting at 8:00**

**For info or to volunteer contact Bill Wheeler at**  
**[bgwheels@gmail.com](mailto:bgwheels@gmail.com)**  
**or 519-451-2600**

**Online registration**  
**[www.trackie.com/online-registration/](http://www.trackie.com/online-registration/)**  
Preregistered runners will be entered into a draw for  
MEC gift cards

### **[A Thanksgiving Day Tradition in London](#)**

The Turkey Trot will be promoted on [www.inmotion4life.ca](http://www.inmotion4life.ca) This is a collaboration between the city and the London Health Unit to promote an active lifestyle. The Turkey Trot along with a number of other events will be promoted. The goal of 'inmotion' is to get people active and to have them log their physical activity for the month of October on the inmotion4life app or website or paper logs. Visit their website for additional information.

The Turkey Trot is fast approaching. Race date is Monday October 12. We always need volunteers, so if you, or someone you know, wants to volunteer please contact Bill Wheeler at [bgwheels@gmail.com](mailto:bgwheels@gmail.com) or 519-451-2600.

**Executive**

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**From your editors:****Newsletter information:**

**The deadline for the next newsletter is October 28, 12 noon.**

The Newsletter editors are Sherry Watts and Paula Muxlow. Contact either of us if you have a contribution or a suggestion. Email addresses and phone numbers are above.

We love contributions: articles, comments, photos etc. It is your newsletter.

To assist the editors and make our job easier, PLEASE send your contribution(s) as follows:

- Please proof-read your article prior to submitting it.
- Send articles as Word files (save as .doc, not .docx)
- send photos or illustrations as separate .jpg files (low resolution).
- do not send articles with photos embedded, or .pdf files. We cannot work with those.

Items from other sources require permission to republish.

Any items that do not meet these criteria may be returned to you, or may not be published.

Pacer members are welcome to promote their businesses or events they are involved with. Send us the information and we will be happy to include it in the newsletter.

Please send race results or rumours of races your friends have done to Sherry Watts, our temporary race reporter.

### **Pacers Receive Grants, Put on Clinics**

This summer, the Pacers received two grants to fund clinics and are using them to give back to the community.

The first, from the Ontario Seniors Secretariat is for a running clinic for those 55 and over. It began in early September and goes to the early November. Paula Muxlow and Sherry Watts are the instructors with a guest visit from Gwyn Hayman to work the attendees through some strength and flexibility exercises. Welcome to the new members we have acquired through the clinic. Many thanks to the Pacers who have stepped up to help – Jim Jones, Maureen Dow, Joanne Miklos den Iseger, Wendy Fraser and Chuck Edwards have given invaluable assistance.

The second grant came from CAAWS (Canadian Association for the Advancement of Women in Sport and Physical Activity) for a pilot project – a walking clinic for women 55 and over. This one begins in early October. Interest has been very high and it is full. It will meet at the Rowing Club on Sunday mornings after the pack run so welcome the ladies if you see them arriving.

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### **Pacer October Meeting**

**Note the meeting is Tuesday October 14 this month.**

Please join us at 7:00 pm on Tuesday October 14th, Grosvenor Lodge, 1017 Western Rd, when we will have a panel of Pacer Cross Country runners.

If you are looking to expand your training or looking for another way to vary your training, this is a perfect opportunity to learn about the benefits and fun of cross country running and racing.

The Pacers, under the guidance of coach Andrew Jones, will again be organizing XC teams which will compete locally, and we are interested in sending some to Kingston for this year's Canadian Cross Country Championship on Sat. November 28th. Come out and have some fun.

Snacks to follow.

## From your Membership Coordinator

### **Best Wishes to Pacers with October Birthdays**

Diane Marcaccio\*, Terri Solima, Dave Carver, Fred Chapman, Tomas Dobransky\*, Mark Faust, Peter Haase, Donna Kraft, Louise Moriarity, Susan Neely, Teresa Novick, Paula Rogers, Jen Spinney, Arnie Spivey\*, Larry van Eenoo, Michelle van Eenoo, Don Steeper, Melanie Ruse, Robert Slee, Brian Grant\*, Joyce Jones

\*entering a new age group

### **Welcome new members**

Brian Grant, Kathleen Grant, Ashley Grant, Andrew Grant, Maria Raffa, Santino Raffa, Morgan Rose, Joyce Jones, Rose Throop, Marlene Davey, Cathy Veenstra

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### **Pacer Clothing**

We have Pacers singlets, short sleeved and long sleeved shirts. Singlets cost \$25 to \$30, short sleeved are \$30 and long-sleeved shirts are \$35 to \$42.

See them at monthly meetings or contact Adam [a\\_blacklock@hotmail.com](mailto:a_blacklock@hotmail.com)

If you want a Pacer jacket, here is the process. Buy yourself a jacket in mostly red. It can have some black, grey or white trim. Take it to Mister Tees Clothing Company (MTCC) at 70 Pacific Court, unit 20 (north of Dundas St off Clarke Road). Their hours are limited – 9 to 5 Mon to Fri. They have the logos to put on. There are a few choices to make – size of logo and what material. The same logo can also be put on bags, some hats etc. The process takes a few days.

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### **Pacer Discounts**

Members of the London Pacers are given a discount on purchases at

Runners' Choice at 207 Dundas St

and

at New Balance London ON

Fanshawe Park Road W.

at Hyde Park Rd



*Adam sends us this information:*

### **The Classic Championship**

**5K Run/Walk, 10K Run & Fun Run: Sunday, November 8**

**This end-of-season championship race will be a battlefield!**

The Classic will quickly become the Super Bowl of the Run the District Series and even if you are not crowned the champion you will finish the series, and the race, feeling like one! The professionally run road race supports not only the most accomplished runners, but beginners and fun-runners alike.

Keep pace throughout the course with marching bands strategically placed, finish to confetti cannons and enjoy a post-race, end-of-series meal and awards banquet. Runners partaking in points throughout the New Balance London presents Run the District 5 Race Series will have their last chance to garner points to be crowned Top Female/Male in numerous age categories. Point Series winners will receive, along with their medals, Western Fair District VIP Passes and a New Balance London Gift Certificate.

Visit: [WWW.RUNTHEDISTRICT.CA](http://WWW.RUNTHEDISTRICT.CA) to register.

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### **MEC RACE #5 - Road and Trail Distances**

The Mountain Equipment Co-op races continue to grow in popularity. Race #4 at Fanshawe Conservation Area on September 12 was our biggest and best so far. The addition of trail races is proving to be especially popular. RACE #5 is scheduled for Gibbons Park on Saturday October 31.

5K, 10K and 15K Road distances

5K and 10K Trail distances

Please register online by October 29th, 2015 at [events.mec.ca](http://events.mec.ca). Pre-registration is only \$15.00 +HST. You can register day of race between 7:30am - 8:45am at the Start/Finish area. Cost of day of registration is \$20. Cash Only

Come out and enjoy an inexpensive, fun race experience in beautiful Gibbons Park.

Contact Bill Wheeler @ [bgwheels@gmail.com](mailto:bgwheels@gmail.com) if you have any questions.

**PACER RESULTS September 2015****Grand Rapids Triathlon Grand Rapids, MI June 14, 2015****Half Iron Triathlon**

Overall	Name	Time	AG	Place	swim	Bike	Run
312	Armin Kruspel	6:36:56	M60-64	4	54:22	3:11:52	2:13:00

**Kalamazoo Night Run 10K Kalamazoo, MI July 25, 2015**

Overall	Name	Time	Age Group	AG Place
9	Kevin Yoshida	1:02:27	M50-59	1
17	Pat Yoshida	1:04:12	F50-59	1

**Disneyland Half Marathon Weekend Anaheim, CA Sept 1-4, 2015****10K**

Overall	Name	Gun Time	Chip Time	Age Group	AG place
139	Brian Burke	47:10	46:59	M60-64	2

**Half Marathon**

980	Brian Burke	1:57:00	1:56:39	M60-64	6
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**For the Dumbo Double Dare****Oasis Zoo Run 10K Toronto, ON Sept 12, 2015**

Overall	Name	Gun Time	Chip Time	Age Group	AG place
1593	Robin Farley	1:24:29	1:07:40	F50-54	44

**Lakeside Triathlon Lakeside, ON Sept 12, 2015****Sprint Triathlon**

Overall	Name	Time	AG Place	800m swim	20K Bike	5K Run
132	Jeannine Wright	1:29:33	F40-44 19th	17:42	43:06	26:32
171	Armin Kruspel	1:34:30	M60-64 5th	21:40	46:15	26:48
194	Paula Rogers	1:37:01	F45-49 13th	21:11	41:02	28:36
217	Sonya Slaven	1:40:20	F55-59 4th	25:12	41:02	28:36
240	Donna Lumani	1:46:29	F50-54 4 <sup>th</sup>	19:14	50:31	32:16

**Holland Haven Marathon Holland, MI Sept 12, 2015**

Overall	Name	Gun Time	Chip Time	Age Group	AG place
44	Steve Baarda	3:42:48	3:42:39	M40-49	7

**MEC London Race 4                      London, ON                      Sept 12, 2015****6K Trail****Overall Name                      Gun Time                      Chip Time**

43     Angie Smith                      57:49                      57:45

**Half Marathon Trail**

45     Tomas Dobransky                      2:33:43                      2:33:38

47     Sarah Baxter                      2:37:16                      2:37:06

**West Lorne Optimist Road Race 5K      West Lorne, ON                      Sept 13, 2015****Overall Name                      Time**

1     Albano Castanha                      19:05

**Longboat Toronto Island 10K Run                      Toronto, ON                      Sept 13, 2015****Overall Name                      Gun Time                      Chip Time                      Age Group                      AG place**

472     Maeve Armstrong-Harris                      1:02:00                      1:00:50                      F60-64                      7

**Erie Marathon                      Presque Isle, PA                      Sept 13, 2015****Overall Name                      Gun Time                      Chip Time                      Age Group                      AG Place**

461     Steve Connor                      3:35:07                      3:34:31                      M55-59                      21

605     Pat Connor                      3:42:46                      3:42:08                      M55-59                      41

**Springbank Road Races                      London, ON                      Sept 13, 2015****5K****Overall Name                      Gun Time                      Chip Time                      Age Group                      AG Place**

31     Angie Smith                      26:00                      25:56                      F50-54                      2

**Half Marathon**

14     Jeff Orchard                      1:27:56                      1:27:54                      M50-54                      1

27     Jim Burrows                      1:32:54                      1:32:53                      M50-54                      2

50     Teresa Novick                      1:39:57                      1:39:53                      F55-59                      1

103     Morrison Reid                      1:53:42                      1:53:27                      M60-64                      7

104     Tracy Hillman                      1:53:50                      1:53:27                      F45-49                      1

177     Chuck Edwards                      2:07:27                      2:07:10                      M65-69                      4

185     Bill Tofflemire                      2:09:58                      2:09:45                      M70+                      2

**Growler Gallop 10 Mile                      Detroit, MI                      Sept 13, 2015****Overall Name                      Gun Time                      Chip Time                      Age Group                      AG Place**

371     Bill Spackman                      1:35:44                      1:35:35                      M65-69                      2

**Jordan's Run the Runway 5K London, ON Sept 18, 2015**

Overall Name	Gun Time	Chip Time	Age Group	AG Place
122 Bill Spackman	26:30	26:23	M65+	2
147 Larry van Eenoo	27:18	27:12	M60-64	3
154 Michelle Braeker	27:50	27:32	F45-49	5
209 Bill Tofflemire	29:41	29:04	M65+	4
241 Kirsten Slaven	31:04	30:16	F25-29	16
243 Anne Lamesse	31:12	31:04	F45-49	14
322 Sara Morrison	34:48	33:48	F55-59	12

**Harvest Half Marathon Wellesley, ON Sept 19, 2015**

Overall Name	Time	Age Group	AG Place
186 Jenn Andrade	2:19:16	F50-54	10

**Niagara Barrelman Triathlon Welland, ON Sept 19, 2015****Half Iron Triathlon**

Overall	Name	Time	AG Place	2K swim	89K Bike	21K Run
202	Scott Slaven	5:44:00	M55-59 8 <sup>th</sup>	46:23	3:00:15	1:50:00
304	Armin Kruspel	6:10:10	M60-64 6 <sup>th</sup>	58:06	3:02:25	1:59:20

**Army Half Marathon Ottawa, ON Sept 20, 2015**

Overall Name	Gun Time	Chip Time	Age Group	AG Place
2259 Johanna Dobransky	2:01:41	1:57:06	F20-24	67
2344 Julianne Kenny	2:02:36	1:58:03	F30-34	74
2860 James Jones	2:07:24	1:57:59	M65-69	19
6125 Robin Farley	2:52:06	2:31:05	F50-54	256
6912 Joanne Miklos den Iseger	3:21:57	3:00:01	F65-69	15

**River Road Run St Marys, ON Sept 27, 2015****10K**

Overall Name	Time
13 Andre Schwering	49:39

**Women Run London 10K London, ON Sept 27, 2015**

Overall Name	Gun Time	Chip Time	Age Group	AG Place
4 Teresa Novick	46:13	46:13	F50-59	2
14 Tracy Hillman	50:22	50:17	F40-49	2
18 Jeannine Wright	52:05	51:59	F40-49	4

Send your results to Sherry [pacertraining@yahoo.ca](mailto:pacertraining@yahoo.ca) Sorry if your result is missing but its very difficult to find them all.

We really need someone to volunteer to take over the gace reporter job. Come on folks. Someone can volunteer a few hours to the club!



## Election Time!

The Pacer executive is elected at the November meeting. All positions are up for election each year.

Elected positions are:

**President** – in charge of meetings and all club matters

**Vice President** – arranges for speakers and takes over for the president when necessary

**Secretary** – take minutes and provides them to the newsletter, sends correspondence

**Treasurer** – in charge of our money

**Membership** – keeps track of members and sends out the newsletter and club notices

**Social** – in charge of our social events, primarily the November awards luncheon and the December Charity Bear run with input into the June social meeting and makes arrangements for meeting snacks and Sunday run coffee

**Publicity** – sales of Pacer clothing, Pacer information tables for the Forest City Road races and any other such events and gets the club name into the media whenever possible

Non-elected positions – newsletter editors, race directors, webmaster

Consider serving your club in some capacity. Ask any of the executive for more information. There are lots of volunteer opportunities that the club to function – help on the social committee, compiling race results, submitting information for the newsletter, helping with races and more.

See the November newsletter for more details.

### *Pacer Happenings*

Monday Oct 12 Turkey Trot Cross Country, Springbank Park

Run or volunteer

Tuesday Oct 13 Pacers Meeting, Grosvenor Lodge, 7 PM

Note Tuesday this month

Saturday Oct 18 Vulture Bait Trail Races, Fanshawe Park

They may need volunteers or go out to cheer

Monday Nov 9 Pacers Meeting and election, Grosvenor Lodge, 7 PM

Get involved – run for election

Sunday Nov 22 Pacers Club races and Luncheon

Get your ticket from any executive member

Sunday Nov 29 Canadian X-C Championships, Kingston

Lets out some teams together

### *Weekly events*

Sunday Pack Run and walk, Rowing Club, 8 AM

Come and run with a group.

Thursday Interval training with Bill Wheeler, John Paul Secondary School, 6:30 PM

Contact Bill at [bgwheels@gmail.com](mailto:bgwheels@gmail.com)

Saturday Fast walkers, Fork of the Thames, 8 AM 8:15 per K for 8K

Trail running various locations [www.soiledsport.blogspot.com](http://www.soiledsport.blogspot.com) for details

### **Annual Fall Luncheon**

*Book your spot today!*

**London Pacers Annual Fall Luncheon** is set for the afternoon of *Sunday, November 22<sup>nd</sup>* at the West Haven Golf and Country Club, following our fall classic race in Springbank Park. Tickets are \$35 per person. We'd love to see you there. Contact any member of the London Pacers' executive (Richard, Jeff, Sherry, Adam, Kevin, Maureen or Angie) to book a spot; but don't delay too long. We need to know who's attending!

### **What's on the menu**

The survey results are in for the menu. The majority of members preferred the **chicken buffet** option to the taco buffet. Thank you to everyone who took the time to complete the survey. The menu will also feature vegetarian & vegan options: dairy-free vegetable napoleon on marinara sauce, and dairy-free pasta salad and broccoli salad.

### **Draw prizes**

One of the great features of the annual fall luncheon, in addition to the food and great company, is the draw prizes. We have had some wonderful prizes donated in the past. If you or your place of business have anything to offer for one of our draws, please contact a member of the Pacers' executive.

### **The Details**

Date & time: **Sunday, November 22<sup>nd</sup>, 12:30 to 4pm**

Price per person: **\$35** (contact any Pacer executive to book your spot)

Menu: **Chicken Buffet** *with vegetarian and vegan options*

Draw prizes: donations or ideas welcome

### **Sunday Pack Runs at the Rowing Club**

*Ever wonder how to get all those fabulous London Pacers' runners together for a run?*

*Would you like to lead a morning run?*

Following up on the success of our Sunday Socials and Winter Coffee Clubs, starting this **Sunday, October 4<sup>th</sup>**, we are holding weekly pack runs at the Rowing Club at Springbank Park.

### **Follow the Prez**

London Pacers' president, Richard Bird, has graciously agreed to lead the first pack run this Sunday at 8 am. All runners and walkers are welcome.

**\*\*Note:** If you would like to lead one of our Sunday runs in future, please do not hesitate to contact any member of the London Pacers' executive.

### **Annual Charity Bear Potluck**

Mark your Calendars, for the first Sunday in **December, the 6th** and set your best recipes aside for the *The Annual Charity Bear Potluck*

All proceeds raised will go towards a donation to the CC Carrothers elementary school track team.



# GALLOPING GOOSE PACER MILE

**MONDAY, JUNE 13TH, 2016**  
**EVENTS BEGIN AT 6:30 PM**

**ST. THOMAS AQUINAS HIGH SCHOOL TRACK**  
REGISTER AT [LONDONPACERS.ON.CA](http://LONDONPACERS.ON.CA) SANITORIUM RD AND OXFORD ST

**HAVE FUN**

**GET GOOSEBUMPS**

**RUN THE MILE**

**ENTRY FEE**

**\$5**

**RACE FOUR LAPS OF THE TRACK**

**ALL ABILITIES WELCOME**

**SEVERAL HEATS SET BY ESTIMATED TIME**



**London Pacers General Membership Meeting**

Monday, September 14, 2015 7:00 PM  
Grosvenor Lodge, 1017 Western Road

**Executive Members Present:** Richard Bird, Angie Smith, Kevin Garlick, Sherry Watts, Jeff Orchard and Maureen Dow  
**Regrets:** Adam Blacklock

Richard called the meeting to order at 7:00 PM  
We welcomed new members and introduced the members of the Board.

**Social Report:** Jeff reviewed the survey results for the Pacers luncheon; the chicken buffet was chosen by 69% of the members. The luncheon is on November 22 at the West Haven Golf and Country Club following the Pacers Classic. Approximately 50 people are expected to attend. More information on the event will be available.

**Membership Report:** We currently have 185 members. Four of the new members came from the 55 and over Pacers Learn to Run Clinic. The clinic is supported through a grant from the Ontario government. Many good speakers are planned and Pacer members are involved as mentors. Another grant was received through The Canadian Association for the Advancement of Women and Sport (CAAWS) to run a clinic called "Make Your Walk into a Workout" it will be a six week program Sunday mornings at 10:00 AM at the Rowing Club.

**Financial Report:** There has not been a lot of financial activity over the summer. The Pacer account balance is approximately \$10,000. We applied and received two grants; one for \$1,000 and one for \$2,800. The grants support clinics the Pacer are offering. Both clinics have a budget and have to stay within the grant allotment.

**Publicity Report:** The Pacer web site is getting very difficult to maintain. We are currently considering re-doing the web site to make it more up to date and user friendly. We have investigated options for revising the web site and have been told it may cost \$2500. Discussion followed; a suggestion was made to approach students from Fanshawe College in the Computer Program. A Motion was made by Richard to approve the spending of a maximum of \$2500 on the project. It was seconded by Sherry. Joanne amended the motion to a maximum of \$2000. The motion was tabled.

**Upcoming Races:** That Dam Hill is September 19, The Turkey Trot is October 12, Vulture Bait is October 17 and the Pacer Classic is November 22.

**Race Reports:** Steve Conner reported on the Erie Marathon at Presque Isle on September 13; this was his first marathon. The marathon was very scenic and fun; many miles can be run on packed dirt and grass at the side of the road. The Canadian anthem was played as many registered runners were Canadian. Brian reported on the Disney Coast to Coast. The race involves running the Walt Disney World Resort and Disneyland Resort races in one calendar year. He also ran the Pelee Island Half marathon in May and the Tough Mudder. The Tough Mudder course is 16.4K with 22 obstacles; their team did well. Bill and Debbie celebrated their 40<sup>th</sup> anniversary this year. To celebrate they ran the Severn Bridge Half marathon in August. Jeff reported on the 48<sup>th</sup> Springbank Road Race half marathon. He finished 14<sup>th</sup> overall and third master in the race.

**Guest Speakers:** Kevin Garlick introduced, Linda Kuska, the guest speaker of the Rowbust Dragon Boat Racing Team.

The Rowbust Dragonboat Racing Team has been in existence since 2000 and is a registered charity. All of the team members are breast cancer survivors. Over the years the team has had members aged 27 to 78. The Rowbust team strive to be role models for both family and community and to help those with breast cancer achieve the highest quality of life through support and mentorship. To help accomplish this goal, Rowbust has a lot of professional help available to assist with training which includes volunteer coaches, physiotherapists and a medical officer who is a team member/radiation oncologist at the cancer clinic.

The breast cancer and dragon boat partnership began in Vancouver in 1995, by Dr Don McKenzie. He was a sport medicine physician, exercise physiologist and a flat water paddler. He wanted to prove that physical activity was safe for breast cancer survivors and the dragon boat became his exercise lab for 20 women. He proved exercise safe and published the paper, however, women wanted to keep paddling and dragon boat racing was born. In the spring of 2000, Dr. Annette Richard, a London family physician, wrote an article for a local newspaper encouraging breast cancer survivors to attend an information session on the benefits of exercise and from that the Rowbust Dragon Boat Racing Team was formed. Rowbust now have 71 members aged 30-78.

Using dragon boats for racing originated in China more than 2500 years ago. The crew of a dragon boat consists of 22 paddlers that sit in pairs facing the bow of the boat. Dragon boaters are paddlers not rowers. The caller of the race plan sits at the bow facing toward the paddlers, the first set of paddlers are called the pacers, the engine room or hammers are in the middle, rockets sit at the back to create resistance and the helmsman stands at the back and steers the boat. The team is placed by size and weight etc. Rowing is a full body workout; a good cross-training sport.

The Rowbust coaches are Sarah Shellard and Cheryl McLachlan of Belmont and Sue Mitchell of Toronto. In December 2007, Cheryl McLachlan joined the Rowbust Dragon Boat Racing Team as one of their coaches. She has her Coaching Certificate Level 3. Right away Cheryl noticed the team needed to improve their technique and the changes in training made a significant difference in their festival performance.

Rowbust paddlers train year round. Movati Athletic London formerly the Athletic Club has been their sponsor for the past 14 years. Movati provide the team free memberships for the winter, a trainer, pool side training and group fitness classes. Rowbust training involves resistance work; each team member has their own workout. In the summer they are on Fanshawe Lake from May to October 3 days per week.

Typically the team enters 5-10 festivals a year. Since 2010, Rowbust has won the Canadian National Championship title 6 times. In 2014, they went to the World Championships in Ravenna, Italy and won gold in the 500m, 200m and the 2k. At the World's Australia was their biggest competitor. In 2015, they participated in the Pan American Club Crew Championships in Welland. In that competition the dragon boats only accommodated 10 team members and were quite tippy; Rowbust won gold in all three race categories. In Welland, they also entered a women's competitive division and won silver. The International Participatory Festival was held in Sarasota, Florida this past year. The festival occurs every 4 years and Rowbust participated with over 100 other breast cancer survivor teams from all over the world. To date over 160 Dragon Boat Teams have formed around the world.

In March 2016, Rowbust will travel to Adelaide, Australia to defend their 2014 World Championship title at the Club Crew World Championships. To take their team of 26 paddlers to the World's, Rowbust will have to raise over \$100,000. As mentioned earlier, Rowbust is a registered charity (non profit) and rely totally on the generosity of sponsors, donors and volunteers for financial support. Registration at festivals can range from \$800-\$3000 so they have created many different ways to support them; team sponsorship, event sponsorship and fundraising events. Annual charity events include the Spring Charity Golf Tournament and the Fanshawe Dragon Boat Festival but they will be hosting many more fundraising events over the coming months. Over the past three years fundraising events hosted by the Rowbust team have raised over \$20,000 for the London Health Science Foundation, Gene Goodreau Patient assistance Fund. This fund supports all cancer survivors who require financial assistance for child care, prosthesis, babysitting, wigs and taxis. The team also participates in the CIBC Run for the Cure, Braz for the Cause, Relay for Life and Bust a Move and help raise money for the local cancer clinic and the St Joseph's Breast Care Centre. The aim of Rowbust is to educate the public that breast cancer survivors can lead a healthy, active life.

To help prepare the team for the Worlds in Australia Cheryl plans to have the team go to Welland from January to February; Welland has the first ever flat water paddling pool. The indoor paddle tank allows for adjustable water speed. Cheryl has also advised the team to get wet suits and gloves to allow them to row on Fanshawe Lake whenever possible this winter.

The meeting adjourned at 9:00 PM. The next meeting will be Tuesday, October 13 at 7:00 PM.

Hi,

Once again I took part in the Terry Fox events at the Springbank Wonderland Gardens Park this morning.

The annual event is a fund raiser in support of cancer research -- there were some 1,000 or more participants at the park with most of them part of various teams whose family members are affected by cancer.

The temperature was a bit cool at 9 degrees C, but warmed up and was perfect for the runners & walkers -- and as with typical fund raisers, the event was not competitive and most of the people completed the 2, 5, or 10 km distances at their own running, racewalking or strolling, biking, roller blading paces.

I choose to racewalk the 5 Km - - and we have results -- there was a whole lot of money raised for cancer research -- the London site has now raised over 4 million dollars since 1981 -- and that is a whole lot more important than getting a finisher's medal or another T-shirt.

A nice touch this year was a group of 6 people who have done all 35 Terry Fox runs were the first ones to start the run -- the organizers have named us the "Every-Timers". A bonus was that we were joined by London athlete and gold medallist in the decathlon at the recent Pan Am games. We started out with Damian Warner, but did not finish with him -- he was way ahead of everybody as he ran the 5k course, but I did catch up with him for a photo-op).



There was also a great lunch of a wide variety of fruits, vegetables, bagel & cream cheese and coffee. There were some inspirational speeches from young people who are cancer survivors and gave testimonials on the benefits of cancer research and from older folks who had run with Terry Fox when he went through London 35 years ago.



And so the Terry Fox certificate is getting full with #35 in place -- will be completing the inner circle with the 2016 medallion next September.

Yes indeed it was a great morning in the park -- last week it was a Usain Bolt t-shirt and this week I was fortunate to meet a Canadian gold medal winner!!

It does not get much better than this -- and they are finding a cure for cancer.

Cheers, Lorne

## *For the Love of Running and Bicycling . . . . .*

### Supporting our Membership

We had several new members join last year who did not renew their memberships. So, we on the Exec have been doing some soul searching trying to understand what we are missing as a Club that is not attracting and retaining new members. One of our initiatives this year is to revamp our website. We felt that a well-designed website will attract new members as well as help support our mission of promoting and supporting the local running community. We are currently assessing proposals sent by a few local web developers and we will share more details with you as we continue through the process. We want a website that is attractive and easy to maintain so we can keep it updated. We also want it to have a wow factor so people will want to look at it. And, of course, a rich members area.

In further soul searching, we have determined that our long-term members enjoy what the Club has to offer, including monthly meetings for information and getting together, the Rowing Club in the winter, opportunities to give back to the running community through events and volunteering, people we have gotten to know over the years who share our passion, and social events.

However, it's not easy for someone new. Someone who wants to run with a group but doesn't want to be part of The Running Room, New Balance, Runners Choice, or MEC. We thought about the Saturday morning trail runs, where Carl leads the group at a reasonable pace and stops at various points to make sure no one gets lost. With this in mind, we have decided to volunteer as leaders at the Rowing Club each Sunday morning.

The leader for each week will greet anyone who shows up and will be with them as they run around Springbank Park. We know that there will always be faster runners who will not be a part of this group and that's ok. We're going to start this on Sun. Oct. 4 and will let you know how it goes. If you know someone who is interested in running with a group, encourage them to come and join us.

#### Upcoming

**Turkey Trot** – Thanksgiving Day, Oct. 12, is the day of our annual Cross-country/trail race in Springbank Park. Bill Wheeler is Race Director again this year.

**Vulture Bait Trail Races** – 25km and 50km options on the trails around Fanshawe Lake. This race is sold out again this year but I'm sure Larry and Jennifer have not filled all of the volunteer positions. If you're available, send an email to [vulturebaittrailruns@hotmail.com](mailto:vulturebaittrailruns@hotmail.com).

**Pacers Classic** – Our annual Club Championships, run on the course used for the Springbank International Road Races, will be held on Nov. 22 this year. Kevin Garlick is the Race Director for this event and is looking for volunteers. Please email him at [Kevin-Pacers@rogers.com](mailto:Kevin-Pacers@rogers.com).

**Annual Luncheon** will also be held on Nov. 22 at Westhaven Golf Club. Jeff Orchard is organizing the Club celebration this year. If you have anything to contribute for our door prizes, it will be much appreciated.

Looking forward to seeing you at these events!

Richard

**Members of the London Pacers are invited to access the Columbia Sports Employee Store from October 1-25th, 2015!**

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Show your membership card w/photo ID. Get your membership card from Adam [a\\_blacklock@hotmail.com](mailto:a_blacklock@hotmail.com). The invitation is sent as a separate attachment.

This invite is non-transferable but you are welcome to bring your family with you (up to 4 guests).

**LOCATION & HOURS:**

Columbia Sportswear · Employee Store

1425 Max Brose Dr. London Ontario, N6N 0A2

Hours: M-Fri. 10-7 pm | Sat. 10-6 pm | Sun. 11-5 pm



### **ALTHEO PHIDIPEDES MARATHON AWARD 2014/2015**

The Altheo Phidipedes award goes to a Pacer for a special marathon in the past year. The criteria are loose and flexible so do not let the specifics stop you from sending in a nomination. Past winners have finished their races in well under 3 hours and well over 6. They have finished just one and over 100 marathons. Though marathoning can be a lonely pastime, one year it was a group of runners who shared the adventure and took home the award.

Please nominate candidates based on the following criteria.

The award should be presented each year to a member of the Pacers who either as a runner or as a walker has completed a marathon of special significance during the year of the award, from November 2014 to October 2015. The award is most specifically to honour a Pacer who has dedicated him/her self to the training needed to complete a marathon.

The award could be presented, for example, for the following:

- a Pacer who has completed their first marathon
- a Pacer who has completed a personal best in the marathon
- a Pacer who has placed in the top 5 of their age category
- a Pacer who has completed an outstanding number of marathons

Please submit nominations to the Executive Committee by October 30, 2015. Send these to Richard Bird at [richardabird@hotmail.com](mailto:richardabird@hotmail.com)

Please provide the following information: name of nominee, your name, as nominator, and a short description of what the nominee has accomplished to qualify for the award.

You can see more on past recipients on the Pacers website: [www.londonpacers.on.ca](http://www.londonpacers.on.ca) under About Us.