



The Runner

OFFICIAL NEWSLETTER OF THE KINGSTON ROAD RUNNERS ASSOCIATION

March, 09

Look Out, Here We Come!



April 25th and 26th the KRRR presents Kingston's premiere road race weekend with four great events!

Saturday April 25th at 4 pm you can see the future runners of Kingston in the Kids-fest 3k at City Park. These are the little Read and Run kids who KRRR volunteers are mentoring in city schools, as well as some other up and coming elementary school racers.

At 5 pm on Saturday, the gun goes for the Trauma 10k around City Park. This has to be one of the easiest road races to watch as athletes do loops of City Park.

Sunday morning at 9:30 the Limestone 5k and 1/2 Marathon racers start off together on a course that loops through the beautiful grounds of RMC, back into the city and off to the West End via the waterfront walkway. For anyone who's ever ran this 1/2 Marathon, you know how exciting it is to finish on Ontario St. in front of City Hall. If you haven't done it...what are you waiting for?

The fastest runners are in it for more than just the medals, the cool draw prizes, the Brew Pub chili (meat and veg) and the scenery. They know that breaking a course record on Sunday means a \$500 cash prize!

[Sign up](#) before March 15th and you'll save some cash. 40 bucks for a 1/2 Marathon is a great value. Not to mention the timing is perfect if you're training for the Ottawa marathon.





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Your KRRR Board

Here are the people who stood for nomination to the 2009 KRRR board: Ed Brand, Cathy Campanaro, Jane Howe, Jill Relyea-Vos, Tony Bourne, Derek Sykes, Lisa Wlok, Al Cantlay, Melanie Burgess, PJ Marshall, Peter Coughlin and Jim Elyot.

We received no protests over any of these choices, so congratulations to all of the above who now sit as your board of directors.

They can't do it alone, so please give us [your input](#). We keep hearing lots of great suggestions from people. Why not back those up by sending us a note or coming to our next board meeting. We're getting together at the Brew Pub at 7, Monday March 9th (right after the running dragons' run).

By the way, one of our first orders of business is revamping [krra.org](#).

Time To Get Strong for Race Season

Tuesday night workouts move back outside as of March 3rd. Meet at the Fort Henry information booth at 5:45 p.m. Clocks go ahead the following week-end so we won't be in the dark too much longer.

Remember, "hills are your friend."

***May The Wind Always
Be At Your Back!***





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Want to Run 30 K Without Driving 300+k's to do it?

Runners' Choice gives us an inexpensive (as in FREE) alternative for anyone who's considering Round The Bay at the end of the month.

If you want to take part in Canada's oldest road race, and get the whole experience of testing yourself against 1000s of other runners, by all means do it.

However, if you want to run a really special route at your own pace (even your own distance), join us Sunday March 29th for the annual Runners' Choice Gan-Kingston 30k.

If the distance sounds like too much, don't fret. We put together a carpool for the run so that everyone runs to their own ability. You can go 30, 25, 20, 15k or whatever suits you.

For marathoners, this is perfectly timed to get you ready for the Ottawa weekend. For everyone else, its a chance to run somewhere new without really leaving home.

You can even involve your non-running friends and family! We need volunteer drivers for the day.

If you're interested, let Al know at info@runnerschoicekingston.com.



Race Name	Date
Resolution Run	January 4th 2009
Twosome Run	February 15th 2009
Kidsfest 1/2 Marathon 10k and 5k	April 25th-26th 2009
*Run With The Wild XC	May 10th 2009
*Beat Beethoven	June 7th 2009
Limestone Mile	July 1st 2009
Big Gun Run	tba
*Brockville 1/2 Marathon	September 5th 2009
Anniversary Run	November 1st 2009