



THE RUNNER

Hi
Another couple of months gone by. We're approaching the end of another running season. Good luck to all of those planning fall marathons, and good luck with aspirations for Boston in the spring.

With the end of the season coming, we also have plans finalized for the KRRR AGM (annual general meeting) and awards ceremony (see notice at right).

We also have 2 races under our belt since last news-

Editor's Note

letter. See page 4 for results of the Hotel Dieu Run and page 3 for results of Thrill on the Hill.

We've had a "changing of the guard" with Steve Blostein replacing Dave Dame as president (or "Dark Overlord") of the KRRR. Best of luck to Dave in Peterborough! We miss him and Amanda.

There are plans afoot for another Cabot Trail Team for May of '03. Keep in

touch with progress via the KRRR website.

Thanks to Randal for his regular contribution on page 7 and to Ka-Yu who has given us the first of what is to be a regular column on training science.

So for now, adieu. I hope you, like myself, are enjoying the cool fall weather and beautiful leaves for some great fall running.

Peace
Chris "Bighead" Milburn, Editor

All KRRR Members
You're Invited!!!

KRRR AGM
and Awards Ceremony

**Merchant MacLiam Pub
6A Princess St (below
Ontario St.)**

**Wednesday November
27
-AGM 7:30 - 8:30
-Awards and Party
thereafter!**

- Slide show
- Refreshments
- Free Admission
- Casual Dress

**See AGM details page 7
Nomination form page 3**

Hotel Dieu 5K top finishers in the 50-59 age group



The Runner Rundown

FEATURES:	Page
Regular Columns:	
Ankle Sprains Part 2.....	7
NEW Consistency	2
Prez Sez.....	2, 7
Secretary's Report.....	8
Features	
Hotel Dieu Run Results.....	4
Thrill-on-the-Hill Results.....	3

Thanks to our sponsors!!!



The Kingston Runner

Published by Kingston Road Runners Association, a non-profit organization incorporated under the Ontario Corporations Act. New members and subscribers are always welcome. Correspondence should be mailed to:

Kingston Road Runners Association
PO Box 1412 Kingston, Ont K7L 5C6

Please submit articles or notices to:

Chris Milburn, Editor
Headicus@cogeco.ca
613-531-9325

Fax 613-659-2525
Or deliver to Runner's Choice, 260 Princess St.,
Kingston, Ont K7L 1B5

The Runner is published 6 times yearly.

**Check out our Website at
www.krra.org**

Webpace provided by InterNet Kingston

The Importance of Consistency (part 1) by Ka-Yu Law of Tri-Science

As the summer is coming to a close, many of you are hopefully analyzing how your past season of racing, training and maintaining or improving fitness has gone. Did you achieve the goals that you set out to accomplish? This may be the perfect time to start thinking about how to improve those results next year.

Many athletes who have or have not achieved their goals may fall into the same mindset: "I'm going to work harder next year". These individuals often fail to improve upon their results and this may be due to a number of reasons. Most of these issues are related to an inappropriate prescription of training intensity and volume. This can lead to injury and may ultimately destroy the consistency that is vital to athletic progression from year to year.

A motto I have developed over the years is, "Konsistency is King". You don't have to crush all of the workouts but you do have to show up and complete them. I learned this the hard way. I always thought that if a little hard work was good, then a lot was better. If a workout entailed 5 x 1 km repeats, I would attempt it as follows: Go as hard as I can for as long as I can. Isn't this suppose to hurt? I rarely finished any of these workouts and it usually took me the better part of a week to recover. This philosophy ensured that I was injured every year and destroyed the consistency in my training plan, so critical in achieving my goals. I was taking two steps forward and one step

Prez Sez

KRRA President's Update



Hello All,
This will be my final "Prez Sez" for the year as I am stepping down from the Board and moving to Peterborough! I've really enjoyed my last 2 years in KTown but I'm ready for new challenges. Kingston is such a tremendous place to run and train not only because of its scenic routes but more importantly because of all the avid athletes. I've had the opportunity to know many of you through coaching, race-directing, racing or training and I know that's what I will miss most, the intimate friendships and relationships I've formed and strengthened and the camaraderie that comes from "playing" together.

The Board seems to face similar challenges year after year. Again this upcoming year we are going to be short of race-directors and volunteers. The Twosome and Half-Marathon and 5k are just 2 of the upcoming races that will need some people to step forward if we are going to continue to put the races on. The Board will also need some fresh faces to step forward to serve as Board members for the following year. If you can volunteer your time, the KRRA could sure use the help but if no one steps forward we will be forced to make some tough decisions about the Series and the Board.

The time to step forward will be at the upcoming Awards Banquet and AGM. I hope you all can make it out and have a bit of time to volunteer to ensure a healthy and vibrant running club. This will also be an opportunity to hand out medals for the 2002 Half Marathon and 5k. Brian Lansdowne and I co-directed this race but weren't able to get the medals to the winners in time, for this we both apologize. The good news is that with the winners already decided we were able to engrave your name and time on the medal, so if you won a medal (overall or age-group) at the 2002 Kingston Half Marathon or 5k be sure to attend and you will be recognized.

Thanks for all the great times,
Sincerely,
Dave Dame President (Emeritus), KRRA

back.

I have since learned to be patient. Your body needs time to adapt. A good example is mitochondrial production. My clients are often amazed when I show them a graph demonstrating that it takes nearly four weeks to regenerate mitochondria, and fitness, lost in one week off-training due to injury. When an athlete is faced with constant interruptions, he/she can never hope to reach the potential possible with a steady, consistent progression. This said, periods of active recovery and rest are very different and essential.

Who doesn't want to run a personal best EVERY race?... or be a World Champion in one year? The reality of it is that becoming a World Champion or reaching your full potential takes YEARS of consistent, proper training. A four year plan is often what may provide athletes the best chance of injury free, successful training.

next "Runner"-Consistency part 2

Ka-Yu will be reviewing a different topic related to training and testing in each issue of the Runner. You can check out his website at www.triscience.ca

The recent Melissa 22K race in Banff is one of the most well-known runs in western Canada.

Gene Steacy Shows Impressive Results at "Melissa"

by Paul McCloy—a well-known name in Canadian run-

ning—in 1:16. Our own Gene Steacy, well-known KRRRA member recently transplanted to Calgary, finished impressively in the top 20 in 1:26, coming to the end of a 16 race season including 4 half marathons and a marathon. Very impressive for a guy who (believe-it-or-not) is over 40.

The terrain is rolling and the altitude is 6,000+ ft. but he scenery is amazing!! snow capped mountains all around you, forests, wildlife, caves, hot springs and of course the historical Banff townsite itself.

Gene took part in the festivities afterwards, and says "I of course wore my "running Dragon " T proudly, and got

The race was won this year

Gene took part in the festivities afterwards, and says "I of course wore my "running Dragon " T proudly, and got

Gene took part in the festivities afterwards, and says "I of course wore my "running Dragon " T proudly, and got

- 1 0:16:49.3 KOOL MARIEL, Deng M<19
- 2 0:17:18.2 DUPRE, Sarah W20 - 29
- 3 0:17:29.3 TURNER, Joe M20 - 29
- 4 0:17:29.6 MURPHY, Charley M20 - 29
- 5 0:17:29.9 MURPHY, Blake M20 - 29
- 6 0:17:39.1 POUCHES, Andrew M<19
- 7 0:17:44.2 Kenny, Brendan M19 & -
- 8 0:17:52.4 Milburn, Chris M30 - 39
- 9 0:18:06.3 HEALY, David M20 - 29
- 10 0:18:21.8 RYAN, Mark M30 - 39
- 11 0:18:33.5 Blostein, Steven M40 - 49
- 12 18:40.7 LANSDOWNE, Brian M50-59
- 13 0:19:03.4 Ryan, Seamus M40 - 49
- 14 0:19:08.1 ROONEY, Rick M30 - 39
- 15 0:19:19.4 VICKERY, Tim M40 - 49
- 16 0:19:32.3 Stevens, Greg M20 - 29
- 17 0:19:38.8 Alarie, Duane M40 - 49
- 18 0:19:57.7 Ordine, Andrei M20 - 29
- 19 19:59.3 GROSWELL, Susan W40 - 49
- 20 0:20:08.1 LAMBERT, Bryan M30 - 39
- 21 0:20:12.6 Grundwin, Brett M30 - 39
- 22 0:20:15.5 SWIFT, Rick M50 - 59
- 23 0:20:15.9 SASK, Erin W19 & -
- 24 0:20:19.1 Hopkins, Neil M30 - 39
- 25 0:20:23.5 GREGG, Kevin M19 & -
- 26 0:20:25.0 Westlake, Kelly W30 - 39
- 27 0:20:28.4 Singer, Lorne M30 - 39
- 28 0:20:34.8 WIGHT, Kalin M19 & -
- 29 0:20:43.2 Willemse, Shelley W30 - 39
- 30 0:21:09.3 GRIER, Colin Men 19 & -
- 31 0:21:18.1 TRENHAILE, Ashley W<19
- 32 0:21:29.0 Kyes, Cameron M20 - 29
- 33 0:21:45.4 McFarland, Jeff M30 - 39
- 34 0:21:47.2 Lodge, Graham M60+
- 35 0:21:48.3 TARDIF, John M40 - 49
- 36 0:21:57.0 Brand, Ed M50 - 59
- 37 0:22:11.4 ELYOT, Jim M40 - 49
- 38 0:22:23.2 BARON, Simon M30 - 39
- 39 0:22:28.1 Berdan, Stacey W30 - 39
- 40 0:22:34.8 HACKETT, Robert M<19
- 41 0:22:39.4 Sueters, Ben M19 & -
- 42 0:22:42.2 AUGER, Katie W20 - 29
- 43 0:22:45.1 Wideman, Mark M50 - 59
- 44 0:22:48.8 Hawkesby, Roger M50 - 59
- 45 0:22:59.4 Ingle, Steve M40 - 49
- 46 0:23:11.6 LAZURE, Mike M50 - 59
- 47 0:23:31.5 Myers, Shirley W50 - 59
- 48 0:23:33.1 MACINNIS, Ben M20 - 29
- 49 0:23:39.5 Hodgson, Merv M60+
- 50 0:24:08.4 CHOMITZ, Nate Men<19
- 51 24:19.2 CAMPANARO, Cathy W30-39
- 52 0:24:31.6 BURGESS, Camilla W20 - 29
- 53 0:24:33.9 Sunderland, Richard M50 - 59
- 54 0:24:41.2 Wilson, Dave M60+
- 55 0:24:56.4 Johnson, Nicholas M19 & -

Top 3 Men
Deng Kool Mariel 16:49
Joe Turner 17:29
Charley Murphy 17:29

Thrill on the Hill 5K Results

Men <19	30-39	50-59
Deng Kool Mariel 16:49	Chris Milburn 17:52	Brian Lansdowne 18:40
Andrew Pouches 17:39	Mark Ryan 18:21	Rick Swift 20:15
Brendan Kenny 17:44	Rick Rooney 19:08	Ed Brand 21:57
20-29	40-49	60+
Joe Turner 17:29	Steve Blostein 18:33	Graham Lodge 21:47
Charley Murphy 17:29	Seamus Ryan 19:03	Merv Hodgson 23:39
Blake Murphy 17:29	Tim Vickery 19:19	Dave Wilson 24:41

Top 3 Women
Sarah Dupre 17:18
Sue Crosswell 19:59
Erin Sask 20:15

Pat Humphrey crosses the line at Thrill on the Hill

- 56 0:25:26.7 FITZGERALD, Kelly W30-39
- 57 0:25:37.8 Kerr, Greg M50 - 59
- 58 0:26:01.1 Weir, Dave M60+
- 59 0:26:39.1 CHOMITZ, Rachel W19 & -
- 60 0:27:03.7 Jansen, Darcy W30 - 39
- 61 0:27:15.4 Coffey, Jane W40 - 49
- 62 0:27:18.5 Davison, Cathy W40 - 49
- 63 0:27:24.1 Mckerracher, Brant M30 - 39
- 64 0:27:25.1 Holton, Debbie W50 - 59
- 65 0:27:59.7 FABIK, Trish W30 - 39
- 66 0:28:24.4 Humphrey, Pat W50 - 59
- 67 0:28:55.3 Young, Jim M30 - 39
- 68 0:29:22.0 Bennett, Jodi W30 - 39
- 69 0:29:37.6 MacDonald, Brooklyn W<19
- 70 0:29:48.5 FLETCHER, Jen W20 - 29
- 71 0:29:50.2 Bissett, Betty W30 - 39
- 72 0:31:43.6 Ryan, Devin M19 & -
- 73 0:31:47.9 Carey, Wayne M50 - 59
- 74 0:32:05.5 Rowlett, Beth W30 - 39
- 75 0:32:47.8 Bonucchi, Nieves W60+
- 76 0:32:48.4 Bernardi, Ruth W40 - 49
- 77 0:32:55.8 Knowles, Doug M60+
- 78 0:34:57.2 SOLAS-MAR..., L W20 - 29
- 79 0:34:57.4 Martelle, Michael M20 - 29
- 80 0:37:54.0 PAUL-GIRDW..., C W40-49

- Women <19**
Erin Sask 20:15
Ashley Trenhaile 21:18
Rachel Chomitz 26:39
- 20-29**
Sarah Dupre 17:18
Katie Auger 22:42
Camilla Burgess 24:31
- 30-39**
Kelly Westlake 20:25
Shelley Willemse 20:43
Stacey Berdan 22:28
- 40-49**
Sue Crosswell 19:59
Jane Coffee 27:15
Cathy Davison 27:18
- 50-59**
Shirley Myers 23:31
Debbie Holton 27:25
Pat Humphrey 28:24
- 60+**
Nieves Bonucchi 32:47



Hotel Dieu 5K and 10K Results

Top 3 Women
 Paula Wiltse 37:20
 Heather Ostic 39:07
 Shelley Willemse 39:55

Top 3 Men
 Brent Workman 34:35
 Mark Ryan 36:29
 Chris Milburn 36:29

Top 3 Women
 Rachel Joyce 19:19
 Erin Sask 20:41
 Sara Montgomery 21:11

Top 3 Men
 Tim Blackwell 16:22
 Ka-Yu Law 17:04
 Gene Steacy 17:53

Age Group Results 10K

Men <19 Kevin Gryns 45:58 Stephane Robert 50:14	30-39 Brent Workman 34:35 Mark Ryan 36:29 Chris Milburn 36:29	50-59 Emile Bax 38:41 Gord McLaughlin 38:58 Chris Boer 39:39
20-29 Jason Grootenboer 39:59 Rob Wilson 41:57 Greg Stevens 43:02	40-49 Steve Blostein 37:35 Al Cantlay 39:58 Ed Kooistra 40:08	60+ Merv Hodgson 48:37 Dave Wilson 48:51
Women 20-29 Katie Auger 49:02 Darlene Gordon 55:18 Sue Armstrong 57:07	Heather Ostic 39:07 Shelly Willemse 39:55 40-49 Ann Chapman 43:32 Carol Knowles 50:31 Margaret Merkly 55:43	50-59 Deb Shea 53:59 Barb Brown 54:37

- 1 0:34:35.7 Workman, Brent M30 - 39
- 2 0:36:29.1 Ryan, Mark M30 - 39
- 3 0:36:29.3 Milburn, Chris M30 - 39
- 4 0:37:04.5 Davis, Brock M30 - 39
- 5 0:37:20.5 Wiltse, Paula W30 - 39
- 6 0:37:35.5 Blostein, Steven M40 - 49
- 7 0:38:41.4 Bax, Emile M50 - 59
- 8 0:38:58.8 McLaughlin, Gord 50 - 59
- 9 0:39:07.7 Ostic, Heather W30 - 39
- 10 0:39:39.4 Boer, Chris M50 - 59
- 11 0:39:55.8 Willemse, Shelley W30 - 39
- 12 0:39:58.9 Cantlay, Al M40 - 49
- 13 0:39:59.8 Grootenboer, Jason M20 - 29
- 14 0:40:08.8 Kooistra, Ed M40 - 49
- 15 0:40:12.8 Topham, Fred M40 - 49
- 16 0:40:57.7 Vickery, Tim M40 - 49
- 17 0:41:18.0 Roman, Paul M30 - 39
- 18 0:41:57.2 Wilson, Rob M20 - 29
- 19 0:42:18.6 Tranmer, Gary M50 - 59
- 20 0:43:02.0 Stevens, Greg M20 - 29
- 21 0:43:25.4 Josey, Geoff Men 20 - 29
- 22 0:43:32.0 Chapman, Ann W40 - 49
- 23 0:43:48.8 Baron, Simon M20 - 29
- 24 0:44:20.6 Sask, David M40 - 49
- 25 0:44:20.9 Thompson, Grant M40 - 49
- 26 0:44:41.7 McCreedy, Steve M30 - 39
- 27 0:45:49.3 Svajina, ? W30 - 39
- 28 0:45:58.5 Gryns, Kevin M19 & - 29
- 29 0:46:07.4 Wideman, Mark M50 - 59
- 30 0:46:44.9 Morel, Denis M40 - 49
- 31 0:47:12.1 Malekos, J M40 - 49
- 32 0:47:20.7 Smith, Larry M50 - 59
- 33 0:47:25.0 Lewis, Brian M40 - 49
- 34 0:47:33.8 McCreedy, Sheri W30 - 39
- 35 0:47:50.3 Storms, Jim M40 - 49
- 36 0:48:37.9 Hodgson, Merv M60+
- 37 0:48:51.5 Wilson, Dave M60+
- 38 0:49:02.6 Auger, Katie W20 - 29
- 39 0:49:02.9 Thompson, John M40 - 49
- 40 0:50:14.2 Robert, Stephane M19 & - 41
- 41 0:50:29.7 Fitzgerald, Kelly W30 - 39
- 42 0:50:31.0 Knowles, Carol W40 - 49
- 43 0:50:59.4 Carty, Richard M30 - 39
- 44 0:51:18.0 Karagatzides, Jim M40 - 49
- 45 0:51:19.1 Campanaro, Cathy W30 - 39
- 46 0:51:27.8 Weir, Dave M60+
- 47 0:51:53.7 Andrew, John M30 - 39
- 48 0:52:04.1 DeVas, Christopher M40 - 49
- 49 0:52:05.2 Fenard, Claudine W30 - 39
- 50 0:52:17.1 Parish, Vernon M50 - 59
- 51 0:53:31.9 Rainie, Steve M20 - 29
- 52 0:53:59.6 Shea, Deb W50 - 59
- 53 0:54:01.0 Skinner, Mark M20 - 29
- 54 0:54:37.2 Brown, Barb W50 - 59
- 55 0:54:45.9 Storms, Heather W30 - 39
- 56 0:55:18.6 Gordon, Darlene W20 - 29
- 57 0:55:18.9 Baldwin, Tamara W30 - 39
- 58 0:55:43.3 Merkley, Margaret W40 - 49
- 59 0:55:43.9 Merkley, Peter M50 - 59
- 60 0:56:19.0 MacDonald, Susan W40 - 49
- 61 0:56:48.6 Beaudette, Mary W40 - 49
- 62 0:57:07.2 Armstrong, Sue W20 - 29
- 63 0:57:23.5 Davison, Cathy W40 - 49
- 64 0:57:23.9 McRae, Tom M40 - 49
- 65 0:57:36.0 Wong, Suzy W20 - 29
- 66 0:58:05.2 Rainie, Janet W20 - 29
- 67 0:58:34.2 Bernard, Ruth W40 - 49
- 68 0:58:37.0 Godwin, Glenda W40 - 49
- 69 0:58:55.8 Fortney, Kate W20 - 29
- 70 1:00:11.7 Fletcher, Jennifer W20 - 29
- 71 1:02:44.1 Cubitt, Tiffany W20 - 29
- 72 1:03:43.8 Sweetlove, Bob M40 - 49
- 73 1:06:39.8 Kunel, Ann-Marie W20 - 29

Simon Baron finishes the 10K



Two of the top 5K female runners



Age Group Results 5K

Men <19 Ian Donald 19:31 Alexander Hinton 20:23 Kalin Wight 20:30	30-39 Tim Blackwell 16:22 Doug Wright 18:19 Louis Tay 18:27	50-59 Brian Lansdowne 17:56 Rick Swift 18:52 Ed Brand 21:26
20-29 Ka-Yu Law 17:04 Andrei Ordine 19:13 Cameron Kyes 20:36	40-49 Gene Steacy 17:53 Brian Campbell 18:38 Duane Alarie 20:14	60+ Doug Knowles 29:24 Gerry Boyce 36:51

Women <19 Erin Sask 20:41 Emily Welham 24:21 Mary McNeill-Knowles 26:16	30-39 Sara Montgomery 21:11 Stacey Berdan 21:55 Bev Whiten 25:09	50-59 Shirley Myers 22:33 Kathleen Joyce 25:33 Debbie Holtom 27:30
20-29 Rachel Joyce 19:19 Emily Sinclair 21:16 Sara Ghoshery 26:55	40-49 Agathe Nicholson 21:28 Karen Milson 21:56	60+ Sally Kenny 25:13 Nieves Bonucchi 30:39

- 1 0:16:22.3 Blackwell, Tim M30 - 39
- 2 0:17:04.6 Law, Ka-Yu M20 - 29
- 3 0:17:53.8 Steacy, Gene M40 - 49
- 4 0:17:56.7 Lansdowne, Brian M50 - 59
- 5 0:18:19.7 Wright, Doug M30 - 39
- 6 0:18:27.8 Tay, Louis M30 - 39
- 7 0:18:38.5 Campbell, Brian M40 - 49
- 8 0:18:52.7 Swift, Rick M50 - 59
- 9 0:19:13.5 Ordine, Andrei M20 - 29
- 10 0:19:19.3 Joyce, Rachel W20 - 29
- 11 0:19:28.2 Singer, Lorne M30 - 39
- 12 0:19:31.1 Donald, Ian Men 19 & - 13
- 13 0:19:44.2 Hopkins, Neil M30 - 39
- 14 0:20:14.0 Alarie, Duane M40 - 49
- 15 0:20:23.0 Hinton, Alexander M<19
- 16 0:20:30.6 Wight, Kalin Men 19 & - 17
- 17 0:20:35.4 Uens, Ross M19 & - 18
- 18 0:20:36.3 Kyes, Cameron M20 - 29
- 19 0:20:41.1 Sask, Erin W19 & - 20
- 20 0:20:54.1 McFarland, Jeff M30 - 39
- 21 20:57McNeill-Knowles, Angus M<19
- 22 0:21:01.3 Baker, Joe M30 - 39
- 23 0:21:11.2 Montgomery, Sara W30 - 39
- 24 0:21:16.6 Sinclair, Emily W20 - 29
- 25 0:21:17.3 Ingle, Steve M40 - 49
- 26 0:21:26.8 Brand, Ed M50 - 59
- 27 0:21:28.4 Nicholson, Agathe W40 - 49
- 28 0:21:34.0 McCloy, Matt M20 - 29
- 29 0:21:50.5 Elyot, Jim M40 - 49
- 30 21:52McNeill-Knowles, Len M50 - 59
- 31 0:21:55.2 Berdan, Stacey W30 - 39
- 32 0:21:56.8 Millson, Karen W40 - 49
- 33 0:22:04.3 Bush, Tom M30 - 39
- 34 0:22:17.6 Blancher, Doug M40 - 49
- 35 0:22:33.2 Myers, Shirley W50 - 59
- 36 0:23:15.0 Parks, Jacob M19 & - 37
- 37 0:23:15.3 Chomitz, Nate M19 & - 38
- 38 0:24:21.7 Welham, Emily W19 & - 39
- 39 0:24:56.9 MacNaughton, Don M40 - 49
- 40 0:24:58.8 Childs, Tim M30 - 39
- 41 0:25:09.4 Whiten, Bev W30 - 39
- 42 0:25:13.6 Kenny, Sally W40 - 49
- 43 0:25:33.8 Joyce, Kathleen W50 - 59
- 44 0:25:39.1 Jansen, Darci W30 - 39
- 45 0:26:00.9 Kerr, Greg M50 - 59
- 46 26:16McNeill-Knowles, Mary W<19
- 47 0:26:48.9 MacDougall, Gord M40 - 49
- 48 0:26:55.6 Ghoshery, Sara W20 - 29
- 49 0:27:26.4 Martelle, Michael M20 - 29
- 50 0:27:30.7 Holtom, Debbie W50 - 59
- 51 0:27:40.3 Humphrey, Pat W50 - 59
- 52 0:27:47.2 McKerrache, Brant M30 - 39
- 53 0:28:07.2 Hotchkiss, Betsy W40 - 49
- 54 0:28:42.3 Corcoran, D. W30 - 39
- 55 0:28:43.2 Hall, Jen W30 - 39
- 56 0:28:43.5 McCloy, Gloria W50 - 59
- 57 0:28:43.8 Kidd, Ces W40 - 49
- 58 0:29:24.8 Knowles, Doug Men 60+
- 59 0:30:26.6 Vollebregt, Kathleen W30 - 39
- 60 0:30:39.3 Bonucchi, Nieves W60+
- 61 0:30:42.4 Fox, Dianne W20 - 29
- 62 0:30:43.0 MacDonald, Brenda W30 - 39
- 63 0:30:44.5 Dustin, Meaghan W19 & - 64
- 64 0:30:44.9 Dustin, Keith M40 - 49
- 65 0:31:44.6 O'neil, Jennifer W30 - 39
- 66 0:32:24.2 Mackey, Blayne M50 - 59
- 67 0:33:26.2 Salas-Martelle, L. W20 - 29
- 68 0:35:58.4 Weir, Christine W40 - 49
- 69 0:36:51.7 Boyce, Gerry M60+
- 70 0:50:10.8 Fuller, Sherri W20 - 29

Sports Injury News #4

Ankle Sprains—Late Treatment

By Randal Dyzak—Sport and Manipulative Physiotherapist with Pro-Active Rehab Centre

DEGREE OF SEVERITY OF ANKLE SPAINS

- Grade I - stretch and/or minor tear of the ligament without laxity (loosening)
- Grade II - tear of ligament plus some laxity
- Grade III - complete tear of the affected ligament (very loose)

TREATMENT

After the initial 24 hours the patient should be partial weight bearing. Sometimes using crutches may be required if the pain of weight bearing is severe. Gradually progressing to full weight bearing with out assisted devices over several days or as tolerated. The patient should try to use a normal heel-toe gait; otherwise surrounding ankle musculature will also become tight (i.e. Achilles). An ankle brace

may be necessary to protect the joint from re-injury, particularly if returning to sport before complete recovery. As soon as pain allows, rehabilitation exercises should be initiated.

THE REHABILITATION EXERCISES ARE THE MOST IMPORTANT ASPECT OF RECOVERING FULL FUNCTION OF THE ANKLE.

The treating physiotherapist should provide a full list of individualized exercises. One simple exercise that can be begun early in the course of treatment is the "alphabet" exercise. This is a non-weight bearing exercise and involves trying to draw the letters of the alphabet with your toes. Proprioception is the neuromuscular control

which help the foot correct its position when unbalanced. Although often neglected, re-establishing the foot's proprioception through balancing exercises is essential to reduce the risk of re-injury when returning to sport.

Most minor grade 1 sprains heal completely within a few weeks. Grade II sprains may take one to two months for full recovery. Although grade III ankle sprain injuries are most severe, they are usually managed conservatively - rehabilitation exercises, etc. In general the more severe the injury, the longer the time frame it will take to heal. Often it is necessary to continue rehab exercises for a month or two following the ankle sprain injury to ensure strength and stability has been recovered.



A great sprint finish for Nicholas Johnson at Thrill on the Hill

As many of you know, Dave Dame has left Kingston for Peterborough. Steve Blostein, vice president, has stepped in to fill his shoes for the remainder of the year. Here is Steve's first "Prez Sez":

When I agreed to be "Vice-Pres" back in January, I thought I my job would be easy. However, as many of you know by now, Dave Dame has resigned as KRRR President and moved to Peterborough to open a new running store. We all will miss his enthusiasm and wish him the best. In his parting words, Dave has offered to provide accommodation for people from Kingston at next February's Gatorade 1/2 Marathon. I hope many of

The New Prez Sez

you take him up on that offer! All of a sudden there is only one KRRR race left in the 2002 series, the Anniversary run, on November 2. This race seems to have both great running weather (at least since I started running it) and a fast course. I also hope to see many of you at the KRRR Annual General Meeting and Awards night on Wednesday Nov. 27 at Merchant Macliam Pub starting at 7:30. Come and check out how the club is doing and what it plans for next year. Also, find out who is getting the awards.

As is customary at our AGM, the KRRR needs to elect a new board for 2003. This

is an opportunity for members to contribute their time and energy to keep the KRRR humming along smoothly. One thing that impressed me this year was the quality and dedication of our board members, especially when I had to take over and discover an extremely helpful group of people. So don't pass up the chance to make a difference. I encourage interested members to nominate each other to the KRRR Board by November 25 - in advance of the AGM. Elections, if necessary, will be held at the AGM.

Of course, I also would like to wish everyone a happy Halloween! Steve Blostein Acting President

KRRR
2002 Annual General Meeting
see details page 1



Agenda

1. Welcome/Opening Remarks - Steven Blostein
2. Adoption of the Agenda - Steven Blostein
3. Presidents Report - Steven Blostein
4. Race Series Report - Steven Blostein
5. Membership Report - Bryan Lambert
6. Financial Report - Leanne Moran
7. Election of 2003 Board of Directors
8. Election of 2003 Officers
9. Remarks - New President
10. New Business
11. Adjournment.

Workman Flies in Toronto

KRRR member and perennial top finisher Brent Workman had a very impressive result in the recent Canadian International Marathon in Toronto. He placed an amazing 4th out of almost 3700 participants in the half marathon. His time was 1:13:57.

Photos Reminder
 Have you been captured on film?

Want to prove to your friends or family that you actually raced? Want a picture of yourself at that glorious finish? Tired of having to pay someone an exorbitant amount to get one?

KRRR editor Chris "Bighead" Milburn has been snapping digital shots of many of the finishers and winners at most of this year's KRRR races. Your photo may be among those posted at www.krra.org - simply follow the link to PHOTOS.

If you find one you like, follow the instructions provided to get a high-resolution version from our webmaster.

KRRR Secretary's Report -Bryan Lambert

With the year winding down, the KRRR Executive is gearing up for its Annual General Meeting and Awards Banquet. The Board has been busy preparing for the 2003 Race Series, as well as securing a title sponsor for next year.

Now is the time for individuals interested in serving on the 2003 KRRR board to start thinking about hopping aboard helping out. The Annual General Meeting is a chance for members to learn about the operations of the KRRR, congratulate series winners, join the executive and catch up with old (and young) friends in a social atmosphere.

Current executive members Monica LaBarge (sponsorship coordinator) and Dave Dame (President) have moved on to lives outside the city and we wish them all the best and good luck.

Members are reminded that they can receive 'The Runner', the club's newsletter online instead of through the mail. Contact the KRRR Secretary At krra_secretary@hotmail.com to make the switch.

Bryan Lambert
 KRRR Secretary

Welcome New Members!!
 Jacob Lambert
 Erik Saettler
 Katie Auger
 Nicholas Johnson
 DJ Butcher
 Cathi Harman
 Kalin Wight
 Margarita Sviajina
 Bill Dobson

*****PLEASE NOTE!*****

You can now access The Runner online!!

If you have web access, please email our secretary, Bryan Lambert, at krra_secretary@hotmail.com.

Include your email address, and state that you want to be taken off the paper mailing address. After that, you will receive notice by email with a link directing you to the PDF version of each new "Runner" when it is posted. This will save trees, time, and money!



Membership Application Form

The Kingston Road Runners Association is a non-profit, independent athletic organization which embraces runners of all ages and abilities. Please send application and cheque to: Kingston Road Runner's Association PO Box 1412 Kingston, Ont K7L 5C6 or drop off to Runner's Choice 260 Princess St.

- Membership includes:
- 12 month membership to KRRR
 - One year subscription to "The Runner"
 - Discounted entry fees at most races
 - Weekly Tuesday group workouts
 - Expertise from experienced runners

Please indicate one in each category
 Single(20\$) or Family(30\$)
 New or Renewal

The KRRR and its road races are managed by volunteers. Volunteers are required for the Board of Directors, to contribute to The Runner newsletter, and for race assistance. If you are able to help out, please mark your choice below:

Address: _____
 Postal Code: _____ Phone # _____
 Email Address: _____

- I am interested in volunteering for:
- Race assistance
 - Newsletter
 - Board Member

Name: _____ DOB(d/m/y) _____ Sex(m/f) _____
 Name: _____ DOB(d/m/y) _____ Sex(m/f) _____
 Name: _____ DOB(d/m/y) _____ Sex(m/f) _____
 Name: _____ DOB(d/m/y) _____ Sex(m/f) _____

- I am able to view "The Runner" KRRR newsletter online (pdf). Please notify me by email
 -OR-
- I have no web access. Please send me "The Runner" by snail mail.