



# The Runner

OFFICIAL NEWSLETTER OF THE KINGSTON ROAD RUNNERS ASSOCIATION

April 17, 2010

**April 24th and 25th it's: 3 kms for the kids; 5, 10 and 21.1 kms for the adults.**

The Moving Day Weekend races are just days away and filling up fast. Register now at [www.krra.org](http://www.krra.org)





# The Runner

OFFICIAL NEWSLETTER OF THE KINGSTON ROAD RUNNERS ASSOCIATION

April 17, 2010

## Great Groups

You never have to run alone. Coach Al Cantlay of Runners' Choice has the following suggestions:

**Monday:** 6 pm @ the Kingston Brewing Company you can run with the Running Dragons. 5, 8 and 10 k routes start and finish at the Brew Pub on Clarence St. Paces are slow, fast and medium and it's about a 50-50 mix of women and men. For a \$25 annual membership, you get to run every Monday night, then gather around some free nachos on the back patio afterward. You also get a different running memento every year (this time around it's a huge glass stein with a pewter RD logo).

**Tuesday:** 5:45 pm @ the RMC arch. A speed and strength workout that's good for you no matter how strong or fast you are (or aren't). Coach Al Cantlay will give you advice on how to improve your running, and avoid injury, plus you can't find a nicer bunch of people to hang around with.

**Wednesday:** 6 pm @ Runners' Choice. An easy, fun run through the streets of Kingston.

**Thursday:** 6 pm @ Runners' Choice. The Women's Group Run. The name says it all. Guys, you'll just have to go find your own group.

**Sunday:** 8:15 am @ Runners' Choice. At 8:30 we all head out for our long, slow run. Once again no pace is too fast or slow. The group splits into mini groups that go anywhere from 40 minutes to 2 hours plus and distances from 7 km to 26 km!

If you're looking for a group, or you have one of your own that's not on here, feel free to post it on our message board at [www.krra.org](http://www.krra.org)

Race Name	Date
Resolution Run	January 3rd 2009
Twosome Run	February 14th 2009
Kidsfest 1/2 Marathon 10k and 5k	April 24th-25th 2009
*Beat Beethoven	June 6th 2009
k's 4 kids 5k	June 13th 2009
Limestone Mile	July 1st 2009
*Brockville 1/2 Marathon	September 11th 2009
*Run With The Wild XC	September 19th 2009
Big Gun Runs ( <i>new date</i> )	October 31st 2009
Anniversary Run	November 7th 2009