



The Runner

OFFICIAL NEWSLETTER OF THE KINGSTON ROAD RUNNERS ASSOCIATION

April 6, 2011



Limestone Race Weekend is HUGE

Judging by the pre-registration numbers, this could be the biggest Limestone Race Weekend in recent memory.

The word has slowly got out that we have one of the finest half marathons in Ontario. The first five kms through beautiful RMC set the tone for a race that is as much a feast for your eyes as it is a chance to rub shoulders with some high-end runners. Oh yeah, we've never turned anyone away either. You can sign up until about an hour before the race itself on May 1st!

Two Days of Running

For runners who want something a bit faster, the 5km component of the race weekend is one of the quickest around. You get one-of-a-kind scenery as Royal Military College allows us to run through their hallowed grounds; hundreds of participants to keep you motivated and if you're looking for a pb...it's FLAT!



Prez Sez

Thanks to everyone who has registered for the Limestone Race Weekend. You are helping to support local Run & Read programs at both First Avenue PS and Frontenac PS. Every Tuesday at 2:35 pm while the majority of students at First Avenue get ready to leave for home, an excited and energetic group of grades 1 to 6 students head for the gym. The same scene plays out at Frontenac on Thursday at 2:35 pm. Both groups of students are met by a dedicated group of volunteers who are their coaches and mentors for 2 hours. A healthy snack and then about 45 minutes of structured reading activity follow approximately an hour of running. The goal for these runners is to complete a 5K run at the end of May at York University. To help these young runners in their preparation for York, KRRA is hosting a Kidsfest 3K run in City Park on Saturday, April 30 – Run & Read students get a free entry – details are available at <http://www.krra.org/half/half.php>



Over 100 students are involved in Run & Read, which is overseen by Kidsfest Canada, and funded locally by KRRA. The proceeds from the Half-Marathon and 5K, which are part of The Limestone Race Weekend, allow us to provide this funding. So come on out to support a great cause and have fun running through RMC, downtown Kingston and along the waterfront.



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The KGH Trauma 10k on Saturday is one of the few late-day runs around. A few years ago, only a handful took part in what has grown into a great event. Every year a growing number of racers run this 10k on Saturday, then one of the two events on Sunday! Yeah, that's dedication.

The Limestone Race weekend is coming up April 30-May 1 this year. Are you in?
<http://www.eventsonline.ca/events/limestone/>

Runners' Choice is New



Come in and see Al Cantlay's new store in Brock St. Common @ 56 Brock St. They're literally across the street from Market Square, and Cooke's Fine Foods. The new store is big, bright and filled to the rafters with the brands you've come to expect from Runners' Choice. Al hasn't changed one thing though: his staff isn't satisfied until they're sure you've chosen the right fit, brand and model of shoe and the proper gear to go with it.

Follow Runners' Choice on Twitter: @runnerschoice . Their website: runnerschoicekingston.com

Make sure you drop in to the new location and say "hi."





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KRRA Training Groups

Monday: 6pm @ the Kingston Brewing Company you can run with the Running Dragons. 5, 8 and 10 k routes into RMC and CFB Kingston, start and finish at the Brew Pub on Clarence St. (just a block away from Runners' Choice) 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 in the warm dry pub afterward.

Tuesday: 5:45pm: park at the Fort Henry ticket booth lot, right at the RMC light, there's a small crowd heading to the meeting spot. Coach Al Cantlay strongly suggests you try to make it out to work on your strength and speed. You've worked hard all winter to get strong. Now it's time to turn that into speed!

Thursday: 6pm @ Runners' Choice, **56 Brock St.** The Women's Group Run. The name says it all. Guys, you'll just have to go find your own group. Al may be open to having a "guys night" run from the store. But this one is just for the ladies!



Sunday: 8:30am @ Runners' Choice **56 Brock Street.** The 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! Al has the store open at about 8:15 so there's a place to put your stuff, and get some new stuff too. Afterward the group can cool down by walking a block to Coffee and Co. to sip their favourite brew, and talk about running.

Race Name	Date
Resolution Run	January 2nd 2011
Twosome Run	February 13th 2011
Kidsfest 1/2 Marathon 10k and 5k	April 30 - May 1 2011
*Beat Beethoven	June 5th 2011
k's 4 kids 5k	June (tbd) 2011
Limestone Mile	July 1st 2011
*Brockville 1/2 Marathon	September 10th 2011
*Run With The Wild XC (same course, new season!)	September 18th 2011
Flight from Fort Fright 5k and 1 mile themed runs	October (tbd) 2011
Anniversary Run	November 6th 2011