



The Runner

Official Newsletter of the Kingston Road Runners Association

April, 07

April 28 & 29th it's *Moving Day Weekend* in Kingston!

The last weekend in April has huge significance in this city. With three huge post-secondary institutions - Queen's University, St. Lawrence College and RMC - all finishing their spring semester at the same time! So the Kingston Road Runners got together with Volunteer and Information Kingston and Downtown Kingston! to celebrate Moving Day Weekend!

Last year close to 700 athletes ran in the Limestone 1/2 Marathon and 5 km, including some of the fastest University runners in Canada!



6 times around this? Easy!

For 2007, the event is growing even larger, with the addition of the KGH Trauma 10k. This race will run at 5 pm the day before the 1/2 and 5k on a brand new course that will take runners for 6+ laps around beautiful City Park, just steps away from Queen's University.

Kingston General Hospital Trauma team members and support crew will be racing, as well as partnering with 1st responders to help get the word out about their incredible work.

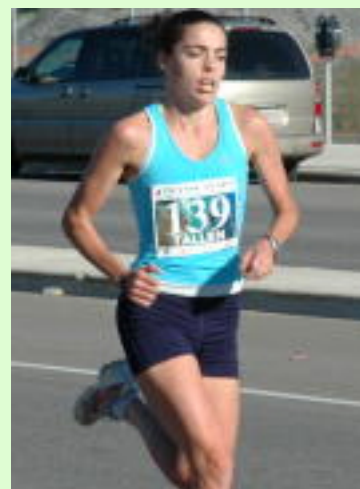
As an added bonus this year, the organizers of the Moving Day Weekend events are offering a special draw prize for one lucky (and motivated) runner who finishes the 10k and either of the two main events (1/2 Marathon or 5k) on the Sunday.

Entries are piling in already for both the 1/2 Marathon and the 5 km races too. Last year we had to change the course slightly to accommodate city work crews. For 2007, we're back to our traditional start/finish in front of the steps to Kingston's beautiful and historic City Hall.

If you're one of those folks who needs to know who else is running before you commit (you really should see someone about that) just click [here](#).

There are only 1000 spots available between the 1/2 and 5k, so you'd better enter now. Just go to www.krta.org and follow the links, or go right to www.eventsonline.com and sign up.

This month's Runner



Emily Tallen

Emily is a native of Kingston who dominated local high school running in the late 1990's. During that time she ran on the Canadian Junior team and won medals at Ontario School Championships in Cross-Country and Track for the Frontenac Falcons. She went off to Providence College, Rhode Island on a full athletic scholarship to compete at the Division One level in the NCAA. Emily recently returned to Kingston after completing teacher's college in 2005 at Western University in London, Ontario.

Her two years back in Kingston have seen much progress and development as she combines the early stages of a career in teaching with a new approach to training and racing with the Physi-Kult club under the guidance of Steve Boyd.

For more go to krta.org



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Just a mile to go!

We also need some folks to help out on race days. If you're running the 10, why not volunteer for the 1/2 and the 5 and visa versa? Our volunteers are looked after very well, right down to getting their names in all prize draws for all events.

To get your name in as a volunteer, just let us know at

info@runnerschoicekingston.com



Funny looking spandex!

Also new this year is the Limestone Server's Challenge. This is a race amongst Kingston's finest waiters and waitresses and at press time there is an unconfirmed rumour that the world record holder in the 10k Waiter's Race is going to race.

If running is too much for you, the Volunteer and Information Kingston Mayor's Walk starts at 2pm on the Sunday. Get out and walk on this beautiful (and accessible) 2k walk along the lake

front and help out your favorite cause. All the money you raise goes to charity...50% to one of your choosing, and 50% to Volunteer and Information Kingston (who happen to be the folks who've helped coordinate the volunteers for our races).

Get all the info you need on all these Moving Day Weekend events at www.krra.org or call Runners' Choice at 613 542-2410.



The VIK Mayor's Walk

2007 KRRR Membership

We welcome new members and previous members who have yet to sign up for the 2007 Kingston Road Runners Membership. Becoming a KRRR member is the easy part. Click [here](#) and sign up now!

Membership Benefits include:

- **Discount** on KRRR affiliated Race Registration Fees!
- **10% discount** at Runner's Choice, 260 Princess Street, Kingston.
- **Free** coached workout once a week and Sunday group run.
- Point accumulation in the KRRR Series Awards. There will be prizes!
- **Free** monthly newsletter 'The Runner'.
- A great way to meet other enthusiastic, fun, fast, slow, old, young like-minded athletes.
- The support of Kingston area coaches, races, and athletes.
- The **annual cost is \$20**, which is less than a pair of movie tickets. How can you beat that!?!?

For more information about membership please contact [Melanie](#).



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Runners' Choice has hit the hills after four weeks of awesome indoor instruction.

Join the group at the Fort Henry Ticket booth on Highway two at the light for Fort Henry/RMC Tuesday afternoons at 5:30 to get warmed up. Then its 45 minutes of vigorous, but very do-able hill climbing and descending with groups that fit your style and strength.

Al Cantlay coaches every workout, and can help your running whether you're just starting out, you're a seasoned pro, or you just want to get a little faster this year.

It s worth running up "The Hill"

Complement the fast Tuesday workouts with a long easy slow run on Sundays. The group(s) leave the Second Cup on Princess st. at 8:30, heading out highway 2 and back. This is one where the pace is slow, and the mileage gets higher each week. Some runners go very long...some not so much. Speed is an individual thing too, but you'll always find someone to run with you no matter how fast, how slow, how short or how long you want to go.

Runners' Choice has three other groups you may find interesting: Thursday's are for the women. Every Thursday at 6pm the all-women's group leaves the store at 260 Princess for a 45-60 minute run through the city.

Monday night's everyone can come out for nachos, mugs of fun and camaraderie, oh and there's some running too. Join the Brew Pub Running Dragons for just \$25 a year. You get a free Brew Pub t-shirt, and you get to hang out with, and run with some great friends.

The newest group in town meets at Runners' Choice every Wednesday at noon for a half hour lunchtime jog.

**GOT SOMETHING YOU'D LIKE TO SEE IN The Runner?
LET ME KNOW AT JELYOT@YAHOO.COM. PICTURES,
ARTICLES, TRAINING TIPS, FAVOURITE RUNNING
ROUTES? DON'T BE SHY, SEND THEM TO ME!**



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NOT RACING? “VOLUNTEER!”

KRRA races are always hugely successful, but it's not just great organization and committed participants who make our races what they are...it's a dedicated, largely uncelebrated group of individuals called “volunteers” who make it all happen.

If you've ever wondered who it is who puts down the traffic cones, sets up the start/finish area, handles the registration, the timing chips, directs traffic, stops drivers from running us over, picks up the post-race snacks and water, sets up the water stations, hands out the water, runs a total of ten kms to pick up discarded water cups, assembles the prizes, manages the reams of paper to get streets closed off/parade permits/police escorts/insurance/blah blah blah...

It's volunteers! People who not only don't get to race, but don't get paid for their tireless efforts.

Now here's a chance for you to experience racing from the other side. If you're unable to participate for one of the events to the right here, why not come out anyway and help out? It doesn't cost anything but your time. Sometimes you get a t-shirt and you're almost certain to never take what happens in a race for granted...ever!

C'mon, be a race volunteer for just one of these events. You know you *want* to!

Race Name	Date
Resolution Run	January 7th
Twosome Run	February 11th
Kidsfest 1/2 Marathon 10k and 5k	April 28-29
*Run With The Wild XC	May 13th
*Beat Beethoven (it's BACK!)	June 3rd
*K's For Kids	June 17th
Limestone Mile	July 1st
*Brockville 1/2 Marathon	September 8th
Hotel Dieu Hospital Run	September 22nd
Anniversary Run (it's BACK!)	November 4th



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STANDINGS AS OF APRIL 30 2007

Women Overall

SCHNEEBERG, AMY 30
SVIAJINA, MARGARITA 21
LYNCH, DAWN 13.5
SEXTON, LESLIE 13.5
MILLSON, KAREN 12
NICHOLSON, AGATHE 12
MYERS, SHIRLEY 10.5
O'MALLEY, LYNN 9
WYNANDS, JANET 9
ELIOT, KRISTIN 7.5
OSTIC, HEATHER 7.5
HERMAN, KATYA 6
WYNANDS, JENNIFER 4.5
ARMSTRONG, JOANNE 3
BERDAN, STACEY 3
DONNELLY, CATHERINE 1.5
VOTEARY, SHARON 1.5

Men Overall

DUNBAR, KEVIN 28.5
LEEDER, MATT 15
TAGGART, JEFF 13.5
CANTLAY, AL 12
CUMMINGS, TRAVIS 12
MILLER, ROB 12
SETLACK, MATT 10.5
WORKMAN, BRENT 10.5
FRANTZESKOS, SAVVAS 9
SMITH, SIMON 9
FARNELL, DAVID 7.5
HINTON ALEXANDER 7.5
BAX, EMILE 6
COTE, DALTON 6
ACKERMAN, CHARLES 3
HOPKINS, NEIL 1.5
ORAM, GUY 1.5

Women 1 – 19

FARNELL, BETH 21
BELL, KATIE 16.5
SEXTON, LESLIE 15

Men 1 – 19

ACKERMAN, CHARLES 21
FARNELL, DAVID 19.5
STEIN, KEMPEE 16.5

Women 20 – 29

SCHNEEBERG, AMY 30
BURGESS, MELANIE 19.5
LYNCH, DAWN 12

Men 20 – 29

CUMMINGS, TRAVIS 15
HARMAN, GAVIN 15
SETLACK, MATT 12
YOUNG, ROBERT 12

Women 30 – 39

SVIAJINA, MARGARITA 30
HERMAN, KATYA 13.5
BERDAN, STACEY 12
ELIOT, KRISTIN 12
OSTIC, HEATHER 12
READE, LESLIE 12
SANDS, SANDRA 12

Men 30 – 39

DUNBAR, KEVIN 30
SMITH, SIMON 19.5
WORKMAN, BRENT 16.5

Women 40 – 49

VOTEARY, SHARON 16.5
NICHOLSON, AGATHE 15
MILLSON, KAREN 15

Men 40 – 49

MILLER, ROB 27
MARKOTICH, DAVE 16.5
TAGGART, JEFF 15

Women 50 – 59

MYERS, SHIRLEY 30
DUKE, ROSANNE 13.5
RELYEA-VOSS, JILL 13.5

Men 50 – 59

CANTLAY, AL 30
LANSDOWNE, BRIAN 16.5
BRAND, ED 13.5

Women 60 – 69

MILTON, DORA 30

Men 60 – 69

MARSHALL, PJ 24
BEAUDOIN, CHARLES 15
MAYBURY, STEVE 15

Men 70 +

BEENEY, ROBERT 30
KNOWLES, DOUG 12