

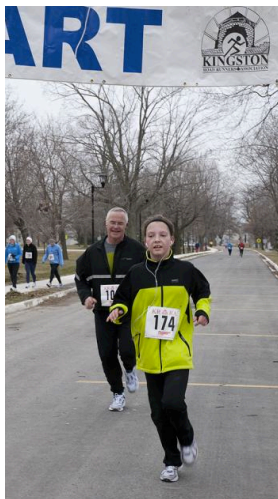


The Runner

OFFICIAL NEWSLETTER OF THE KINGSTON ROAD RUNNERS ASSOCIATION

February 7, 2011

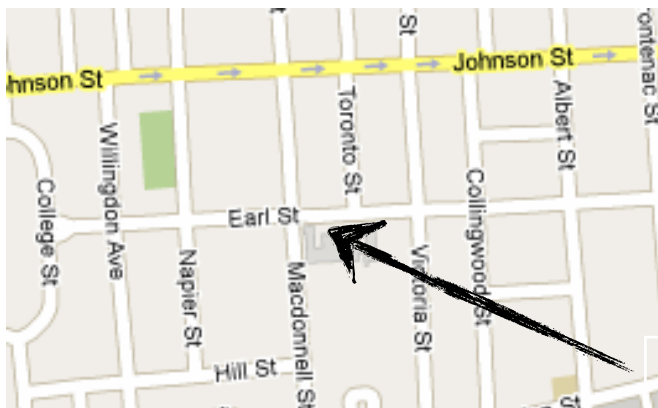
One down...nine to go!



The 2011 KRRR Race Series is well underway. Now it's time to double up for race #2 in the series, the Twosome Run 5k, on February 13th.

Once again it all takes place at Winston Churchill Public School (Earl and MacDonnell Streets) and using the

same 5k course as was used in 2010. This year all proceeds from the race will benefit the Limestone Learning Foundation in Kingston as well as other KRRR charitable causes, such as the annual KRRR student bursaries and the Kids-Fest Running and Reading program.



Winston Churchill

Prez Sez

2011 KRRR Board - we welcome new members: Dennis Doherty, Pat Humphries and Shirley Myers.



The KRRR Constitution provides for up to sixteen members on the Board. There are three Executive positions, as well as special roles such as Newsletter Editor, Webmaster and Archivist. Our 2011 Board of Directors is:

- * Ed Brand - President
- * Tony Bourne
- * Cathy Campanaro
- * Al Cantlay - Coach
- * Peter Coughlin - Archivist
- * Dennis Doherty
- * Peter Ellis - Webmaster
- * Jim Elyot - Editor "The Runner"
- * Maxime Feullat - Statistician
- * Jane Howe - Treasurer
- * Pat Humphries
- * PJ Marshall - Secretary
- * Shirley Myers - Membership
- * Jill Relyea
- * Derek Sykes

Ed ebrand7@cogeco.ca



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So grab a partner and get signed up

Complete information on this and other KRRRA events, including links to Facebook and Twitter news feeds, can be found at www.krra.org.

And remember, KRRRA members are in for some deep discounts on race registrations this year. In 2011, KRRRA members will receive a \$10 discount on all KRRRA-organized races in the series, including the Twosome Run.

Thoughts on Running

“Not in the clamour of the streets, nor in the shouts and plaudits of the crowd, but within ourselves are victory and defeat.”

Henry Wadsworth Longfellow



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Are you new to all this?

Just like last year, there's a beginner's training program (currently starting week 3 of 8 weeks) to encourage first-timers to tackle this race or distance. Please consult the race website for further information on this program.

Zen Buddhism and Running

"Harmony of body, mind and spirit."

"Focus on the beauty and essence of the run."

"Concentrate on 'effortless' run."

"Focus on the in-the-moment running experience."

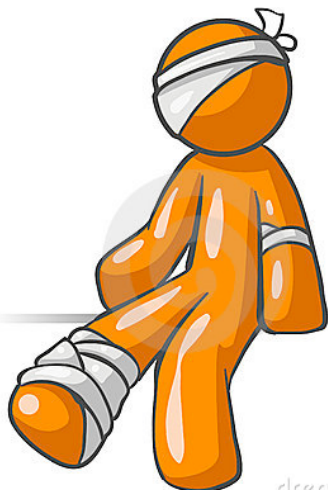
"Each day is a 'thanksgiving' running day."

"Visualize running in a timeless space."

"Pain and discomfort become more tolerable when you focus on the purpose of the run."

"Release negative stuff: 'I will...I can.'"

No Pain...no pain



dreamstime.com

My peroneus brevis hurts! Nope. Talking about it doesn't make it feel any better. We've had a generous amount of snow this winter, and with that some pretty poor running conditions: uneven trails, double-soaker slush puddles and even black ice.

Whatever you do, DON'T push things when the conditions are poor. That "one extra lap" could put you off your feet for weeks (or longer). So listen to your body.

I Wish I had.



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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 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 in the warm dry pub afterward.

Tuesday: 5:45pm in Barriefield Village. If you 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, running hills with some like-minded runners.

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

Sunday: 8:30am @ Runners' Choice. 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. *as the store transitions back to its old location, there may not be a place to start, but the new Starbucks is open across the street, so there's at least a spot to get warm afterward.

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

