



The Runner

OFFICIAL NEWSLETTER OF THE KINGSTON ROAD RUNNERS ASSOCIATION

October, 08

Happy Anniversary!



The Landings
Golf Course & Teaching Centre

For the second year now the KRRA Anniversary Run will take off from The Landings Golf Centre club house at Norman Rogers Airport.

This race has it all: a start/finish at a moderately busy airport; a gently rolling route that goes past a golf course, a runway, through a quiet residential neighborhood, past some of Kingston's most beautiful waterfront homes, along the lake shore and (briefly) into the Lemoine Point Conservation Area. You'd almost want to take your camera with you!

Kingston's only 10k run is also the last race of the KRRA Road and Trail series for 2008. If ever there was an event for you to make some points, this could be it. Though not difficult, there are a couple of long, slow climbs on the route, including a small one just metres from the finish. Not to mention, it's easy to get lost in some of the beautiful scenery along the route.

Sign up soon, and start getting in those long - slow -days, and perhaps a couple of AI's Tuesday night speed workouts. If you can't run, we can use volunteers at registration, start/finish and out on the course. Remember the KRRA rewards volunteers at the end of race prize draws!

Here's the link to sign up on line: http://www.eventsonline.ca/events/krra_ann/

Or you can always fill out a form and enter at Runners' Choice at 260 Princess St.

We'll see you Sunday November 2nd at The Landings.





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Stay Strong...get faster!



Coach Al Cantlay has moved his strength and speed workouts to the Memorial Arch at RMC. We're taking advantage of the low traffic, free parking, and of course the incredible new pothole-free asphalt around the Point!

Every Tuesday night runners meet at the parking lot at the old Fort Henry ticket booth then jog over to the Arch around 5:45. The 45 minute workout will get your legs and heart ready for the Anniversary Run in November, or anything else from 5ks to a marathon that you may have on your radar.

No need to be a fair weather runner!

In the coming weeks, we'll move the sessions across the road to Barriefield to take advantage of the quiet, clear, but hilly streets of the village. After that, when the ice and snow are just too much, we'll go inside the Military Sports Complex and get some high-end coaching to get us all ready for another great year of running.



Of course this is just another reason to [join](#) the Kingston Road Runners: top notch personalized coaching, and an excellent group of like-minded folks to keep you motivated and help you focus on your running goals.

May The Wind Always Be At Your Back!



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Are You In The Running?

We only have one race left in the 2008 KRRR Road and Trail Series. There are prizes for the best overall and age group athletes, which we'll hand out at our annual general meeting on November .

Our stats people are diligently getting the numbers crunched, and should have things up to date very soon on our website.

Good luck everyone.

New Blood Needed!

Are you that special person who will take the KRRR to the next level?

A good number of the KRRR board members have come to the point where they'd like to make way for some motivated new folks. If you are even just a little interested, join us at the Brew Pub on Clarence St., 7pm the second Monday of every month. This comes directly after the Monday night "Running Dragons" fun run.

Experience is not necessary...all you need is the desire to keep the race schedule in Kingston strong, and to make a difference.

The Prez Sez!

The fall weather has arrived and the trees are changing color. This normally is the time to reflect on your summer schedule and to make plans for next year.

KRRR has a few suggestions for you to fill your time for the next few months:

1. Continue running to complete the 2008 KRRR Running series with the Anniversary Run in November and then quickly we switch to the 2009 series in January and February.
2. Consider coming out to the speed workout on Tuesdays with Runner's Choice.
3. Consider giving time back to running with KRRR:

A) Are you ready to be a race director? KRRR has lost a few races this year and need to find people to come up with new ideas for races and /or locations that KRRR can help support. Speak to a board member about this.

B) Are you ready to join the board of KRRR? This is a good way to learn about the workings of the KRRR. Speak to a board member about this and

come to the Annual meeting in November to get a summary of this years actions.

C) Do you want to get some exercise yourself (Mid Day 2.30-4.30) Tuesday and or Thursday and help elementary school (Grades 1-6) children? Be a volunteer at KidsFest where you are a mentor for children learning to Read and Run. Contact Jim Elyot for more info.

Don't get stuck in a running rut, make a change to add some spice to your life and to those around you. Try something new that KRRR has to offer.

