

Stryder Track October 2010



Sault Stryders Executive

President—Nathan Mudge
Vice President—Steve Demidovich
Treasurer—Glenda Hubley
Secretary—Paula-Jane Dopp (Interim)
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Spring/Summer Race Recap

Cabin Fever—April 24 in Sault Michigan

The first local race of the year had 129 finishers in the 5 km race, up from 72 in 2009.

Mountain Maple 5k & 10k Trail Races St. Joseph Island

The numbers for this event were almost double 2009, thanks in part to the addition of the kids 1km event. The food and refreshments at the end of the race were a hit once again! I can't stop thinking about the home made cookies.

Run the Great Lakes 5k/10k/Half Marathon

203 finishers in the three events this spring. The organizers of this race continue to put together an excellent race at a low cost.

Rotary Miracle Mile

For the first year of this event there were over 100 people registered. This race marked the first time chip timing was used in a local running race. Participants loved the pylons marking the course and the cheering fans watching.

Finn Fest

An excellent low cost race. There were 198 participants in all of the events.

St Joseph Island Triathlon

Despite the challenges of the weather there were 456 participants in these events! Sherri has provided a full race recap found on Page 2.

Sault Chase Marathon, Half Marathon, 10k and 5k races

This was the inaugural Chase Marathon, and from what I saw it was well run, organized, and well attended. Prior to the race I was informed there were over 250 registered participants. As a spectator I bet the wind was a bit of a challenge. Let's hope to see this race develop and grow in the years to come.

Trail Trot

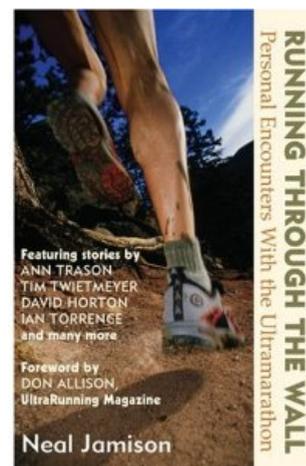
Following 4 inches of rain in less than 12 hours the Thursday prior to the race the course was moved to the Pinder this year so runners did not have to cross the submerged Crystal Creek Bridge—another weather event controlling race plans.

Help reach out to more runners and make Sault Ste Marie an active community!

Join us at the Annual Fall Sault Stryders Meeting taking place on November 2 At 7pm on the second floor of the John Rhodes Centre. Bring your ideas on how to connect runners in Sault Ste. Marie.

For the Book Worms...

Recommended read is "Running Through the Wall: Personal Encounters with the Ultramarathon" by Neal Jamison. This book has all the stories you need to decide whether training for and actually running an ultra marathon is for you. As I read the book I thought it would be kind of fun to run a race longer than a marathon, but I read it in the winter when all I really wanted was to run without a jacket on. A really good read with stories from some of the top Ultra Runners out there.- Nathan



Upcoming Local Events

- Great Turtle Half Marathon & 5.7 km Run/Walk—Mackinaw Island Saturday October 23, 2010
- LSSU Turkey Trot 5k —Saturday November 13, 2010
- 4th Annual Pub Run—Saturday November 27, 2010
- Boxing Day Fun Run/Walk—December 26, 2010

Sault Stryders Increase the use of the Finish Tower and Clock

Sault Stryders finish tower and clock saw a lot of use this past summer beginning with the Rotary Miracle Mile, followed with the FinnFest races in late July and finally at the Terry Fox Run where the clock and tower were used to mark the finish of the run and provide an indication of people's time to complete the run/walk.

Track Work Continues

Thursday night track workouts continue at the John Rhodes track every Thursday evening at 6:00 pm. Sherri Smith has been diligently sending out proposed workouts. I don't know if you tried any of them, they look easy on paper but hurt on the track. With winter approaching we will be getting ready to go back to the indoor track in the Norris Centre on the Lake Superior State University Campus.

Where are Your Used Running Shoes?

One of our Stryder members, Tim Pearson, started a tradition of collecting used running shoes and providing them to children in need at William Merrifield Public School. This inspired many of us when we learned how this benefits children. Please consider donating your used running shoes (not the ones you use to mow the lawn)! Contact Theresa for more details mudget@shaw.ca

So far this year we have received 11 pairs of used running shoes. These will be delivered after the fall Stryders meeting so if you have a pair of used shoes that you no longer run in please consider donating them.



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Directing the St Joseph Island Triathlon

We had the best year yet ... #7 definitely proved to be lucky. And even though it rained and we had to pull racers from the swim and run courses (Olympic Triathlon and International Duathlon), because we had such extraordinary volunteers we were able to recover quickly from the quick morning storm.

We had over 160 volunteers who showed up and weathered both thunder and rain, and then humidity and heat. Their participation was the difference between us having the best event yet and being pummelled by mother nature.

We also had a record number of registrants - 456 to be exact. This included 130 Kids of Steel. Awesome, really!

In terms of events we started the day with the International Duathlon (10km run) and the Olympic Triathlon (1500m swim) but had to pull all racers off the courses within 20 minutes of the start due to thunder and rain. We had Jerry Shields from Sheildsweather.com on site providing minute-by-minute updates so we were quickly aware that the storm would indeed pass and that there were no storms following it.

This information lead us to delay all the races. During this time, the organizing team re-evaluated the International and Olympic Distance events where we came up with a "new" duathlon of 1km run, 40km bike and then 10km run for the Olympic Distance Triathletes and 5km run for the International Duathletes. This took into consideration that the athletes had already completed at least 1/2 of their first leg. We used the first 1km run as a way to space out the field before they headed onto the cycling portion of the event.

The remaining races, the Sprint Triathlon, Sprint Duathlon, Try-a-Triathlon and Kids of Steel events proceeded and ran without any alterations. By the end of the day a 2 hour storm delay was widdled down to 1 hour behind schedule - not too bad.

We have received numerous positive comments back about the day's events despite the weather - I don't think we could be more proud.

Sherri

Submit Your Stories!

Got a burning desire to share your favorite running routes, tips, races with the group? We'll even entertain questions! Email mudget@shaw.ca

See the stories below from local runners that moved away in 2010 as they talk about running in their new home towns.

Running in London, Ontario—Jennifer Entwistle

Hi Stryder Members,

As many of you know I lived in the Soo for just over three years, religiously running with the Stryders group and recently moved to London ON in late June. There are many things I miss about the Soo and many things I like about running in London. The Soo offers terrain that keeps things interesting from Pine hill, the lines, queen street, to the Hiawatha trails. The risk of heat stroke is greatly reduced as compared to running in London, especially over this past summer. The numbers out for saturday am runs may be small, but those who are regulars have something unique to share about their running experiences that any new or veteran runner can learn from. Plus there is never any shortage of laughs, or sarcasm to keeps things light when runs get long or tough. If it was not for some Stryder members I would not have learned to swim, bike or ski. I would not have participated in trail marathons and for sure would not be registered to complete the 2011 Wisconsin Ironman.

Running in London offers a large group of committed runners that I believe to be unparalleled to any other city in Ontario. It seems that the running coach has truly been able to attract runners and keep runners by displaying the benefits of running as a group. No word of a lie there can be as many as 50-70 runners out for a long run along the Thames valley, over 20km of beautifully paved walking trails or at the track. Even the Mile repeat workouts have this many runners. The group has destination runs to Port Stanley (a lake side beach community 45 km from downtown London) 3 times a summer for those really long runs. They are completed in a chase format with the goal to be at the beach by 11:15am. One run I did this summer had over 200 runners it was like being in a race without the nervousness. Runners from all the groups in town and even some solo runners participate. The run is free for Runners Choice runners and 5 dollars for anyone else who wants to run. Volunteers load up cars with all things needed at aid/water stations and follow the pack. London also offers many road races with distances for everyone. But I miss the trails and what I would have done to ride out to Gros Cap instead of by another corn field!

Wherever you are living/running, enjoy what the area has to offer. Take advantage of the trails, paved or not, the hills, big or small and try a different route or local race and run with a group at least once a week. Running with other runners fosters a positive experience, keeps you committed and honest and if you have to chase, you'll only get faster!

Jennifer



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Running in Lethbridge, Alberta—Tim Pearson

Here's a Top Ten list for those who are planning on taking their running game to Lethbridge in Southern Alberta:

10. Get used to running flat. It's pretty much flat everywhere in Southern Alberta except in the coulees. These are the rugged geographical features that follow river valleys. Lots of steep inclines and challenging terrain here. Sadly, there are very few trees here. I miss Hiawatha's rolling hills, streams and beautiful trees.
9. Plan on running long. Ultras are very popular here. The Lost Soul Ultra in Lethbridge is a good example. It features a 50K, 100K, and, yes, a 100-mile race. If you finish, they give you a big rock with your name and finishing time blasted into it so you can brag to everyone for eternity about how insane you were to have run this thing. The other wildly popular ultra in Alberta is the Canadian Death Race. No description needed here... the name says it all.
8. Watch out for big trucks. The F-350 is the standard A to B vehicle of preference for many Albertans. A buck-fifty runner doesn't stand a chance against one of these bad boys.
7. Trucks aside, Lethbridge is a much safer place to run than the Sault as there is an extensive trail system here. The 8-foot wide Coal Banks Trail includes more than 30 kilometres of continuous pathways through manicured parks, natural areas, industrial parks, residential streets and greenstrips. Stairs and bicycle rails are provided at steep inclines. And, that's just the asphalt trail. There are many, many kilometres of single track shale trail through the coulees as well. Nice!
6. Your breath will be taken away. I don't know if it's the elevation (3048 ft / 929 m compared to the Sault at 630 ft / 192 m) or the beautiful scenery of the area, but I definitely found myself gasping for air for several weeks when I first began running here.
5. Great temperatures! It's warm and the snow often completely melts in the winter. I haven't seen a plow here yet.
4. Wicked wind! It's crazy windy at times here. Gusts can easily hit over 100 kph on windy days. I've almost been blown off my feet a few times. That which does not kill you will make you a better runner though.
3. Lots of races. There seems to be a local race or one within driving distance of Lethbridge (Calgary, Banff, Montana, etc.) almost every weekend in the spring, summer and fall.
2. Kenyans everywhere! They're coming out of the woodwork here. Lethbridge College recruits runners from Kenya every year, and they routinely win the Canadian College X-Country Championships. Go out for a race and you'll find yourself up against athletes like Kip Kangogo (yes, his name even sounds fast), Willy Kimosop, and Gladys Kochei. They all have beautiful strides, and they're pretty much unbeatable.
1. The best thing about running in Southern Alberta is the culture of the sport. Lethbridge brags that there are more runners per capita here than anywhere else in the country. This may be true based on the number of people I see running daily. We have an amazing trail system and 2 running stores that offer a lot of run club opportunities. The Marathon Club at The Runners' Soul often registers more than 100 participants.

That's my Top Ten List for running in Southern Alberta. Drop me an email (tpearson1@shaw.ca) if you're ever out here and looking for a run.

May the trails be soft, the wind at your back and all your times PB's!

Tim

