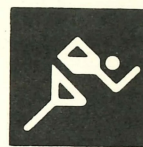


TORONTO WOMEN RUNNING

723 Bloor St. W., Apt. I,
Toronto, Ontario M6G 1L5-532-7089

spring 1979



a newsletter

LOCAL CLINIC: FORERUNNER OF FIRST WOMEN'S RUNNING CONFERENCE

Did you know that women have been "allowed" to run marathon distances only since 1972? Do you wonder how to start running or what to do after you've reached a certain level? What if you are no longer considered "young" — can you run, too? These are some of the topics that will be covered at a **special running clinic for women** to be held at Ryerson Polytechnical Institute from 1 to 5 pm on **March 31**. The clinic will be jointly sponsored by Toronto Women Running, Bonne Bell, ERA of Women and The Fitness Workshop. The latter two groups have become active in promoting women's running over the last year, while Bonne Bell has shown a commitment to promoting fitness by organizing women's 10-kilometre races across North America.



Steven Oluski

The clinic will be geared to all levels of runners. We'll have information about the history of women's running, how to begin a running program, marathoning, nutrition, running when you are older or have children, motivation and back care. Featured speakers will include Abby Hoffman (Olympic Track and Field team member and advocate of women's sports), Susan Fish (Toronto Alderperson and runner) bringing greetings from the City, Judy Ramirez from the Wages for Housework Campaign on "Making Time for Ourselves", Kathe Tanner (co-director of Maple Leaf Runners and marathon runner), Judith Kazdan (59-year old marathon runner), Patsy Cook (a running mother), Elaine Dembe (Chiropractor and marathon runner) and Helen Fedycyk (Nutrition Consultant).

A lot of information for women about running will be available, but this will also be a clinic with a difference. It is being held in association with the **First Women's Running Conference**, May 4-6, in Cleveland, Ohio. Many of us will

be attending the Conference and we want to use the clinic to find out what range of concerns women runners in this area have, so we can help plan the conference agenda and take a strong role in the Conference itself.

It will be a first in the history of women's running, giving women of many different backgrounds and approaches to running a chance to get together, share ideas and information and create a network of communication across North America. It will give support to and push for increased opportunities for women to run and give us a chance to discuss, many for the first time, what difficulties and roadblocks prevent us from running and doing many other things in our lives that we would like to do.

The Conference itself has an exciting agenda. It will include fun runs; eating; socializing; panels on why we run (with women of different backgrounds); workshops for women with similar problems to meet together (such as mothers, older women, Black women, gay women, high school runners); training workshops on nutrition, physiology, injuries, safety and self defence, mental health, weight training and more. There will also be discussions on extending sports activities in the community, running opportunities in schools, creating women's running clubs, developing good coaches, and pushing for long distance races and marathons in the Olympics, to mention a few. It will be an exciting Conference and one which we hope many women from Canada will attend. We will be arranging carpools at the clinic (it's only a 6-hour drive from Toronto). Come to the clinic or phone us if you want more information.

So, pull your shoes out of the winter closet, if they've been in there, and bring your friends and family to the clinic on Saturday, March 31 — everyone is welcome. Come to the Donald Mordell Learning Resources Centre at 350 Victoria St., at Gould St. It's free for members, \$2 donation for others.

Ellen Agger

GROUP RUN LOCATIONS

Winter:

Ryerson, Upper Gym, southeast corner of Victoria/Gerrard
Saturdays 9am, outside runs

Spring and summer: starting April 22

Riverdale Park, Broadview/Gerrard, meet at the track, Sundays 8am, for info. call Patsy at 466-5484

Christie Pits, Christie/Bloor, meet at southeast corner, Sundays 8am, for info. call Ellen at 532-7089.

It's Fun to Turn On Your Friends

Running for Health and Beauty by Kathryn Lance is an inspirational book. The first chapter starts where we all start — self-conscious, ill at ease and feeling ugly at one time or another. We have all thought about diets. Who doesn't feel too fat or flabby at times? Who doesn't want to feel and look her best? How many times have you wanted to run just for the sheer pleasure of the day and been unable to get more than a few feet? Have you ever been out of breath from climbing some stairs?

The problem seems to be wanting to exercise and actually finding the time everyday to get down to it. There's already the laundry, the shopping, the cooking, the family and the friends to find time for. I mean how much energy is one woman supposed to have? And that's the question that fitness through running answers. Tons!

This book gets you into running which is an almost instant cure for low energy and depression. Written very personally, the author answers all the questions that she or her friends ever had. From will running stop menstrual cramps (in many cases), clear up your complexion (yes), help you lose weight (yes), help you meet people (yes), to whether you should run when you are pregnant, what to do with the kids, the kind of shoes you should wear, and how to exercise. The book gives advice on how to start running, how to keep running and how to enter competitions.

I read it after running for only a month and got very excited. The book is written in nice short, absorbing chapters. I'd recommend it to any friend or future jogger.

Ellen Woodsworth

"Get Your Bunnies Moving" Operation Lifestyle Fitness Week March 24-30

Start your Fitness Week on the right foot by joining the "Bunny Hop" on Saturday March 24. Registration for the 3-km. walk in Wilket Creek Park starts at 10am and the walk will get underway about 11. It will be followed by a Nutritional Snack and films at the Ontario Science Centre. So — get your club T-shirt out of the moth balls and hop to Wilket Creek — get your friends or club hopping too!

On Saturday afternoon from 1 to 3pm there will be a "Jogging Clinic" at the Ontario Science Centre. A chiropractor and two podiatrists will be there to answer your questions.

Sunday March 25 from 1 to 3pm there will be a "Stress Clinic" at the Science Centre covering topics such as yoga, relaxation, and biofeedback.

From Monday March 26 to Friday March 30 you can find out how fit you are! From 9am to 9pm (by appointment only) you can be tested at the Scarborough Civic Centre (921-9859), the Ontario Science Centre (224-6267) or the North York Municipal Building (266-7797). This comprehensive Fitness Test takes about one hour of your time and costs \$12 per person. But you're worth it — so call for your appointment today.

Mary Marks

Any hidden talents out there in the fields of lay-out, design, photography, typesetting, cartoons, cartoon collecting, printing, graphics...? If you've got a special knack we'd welcome help on producing the newsletter. Articles are also needed. Contact us today.

Sportsmedicine Clinic

The Canadian Podiatric Sports Medicine Academy will be having its annual sportsmedicine seminar: "Sportsmedicine for Runners and Other Athletes". It will be held at the Toronto Harbour Castle Hotel, Saturday June 2nd and will feature presentations by sportsmedicine physicians, podiatrists, athletic therapists, etc.

For further information contact:

The Continuing Education Dept.

C.P.S.M.A.

586 Eglinton Ave. East, Suite 801

Toronto, Ontario M4P 1P2

Marathon Schedule

Sooner or later, many runners become interested in marathoning as a further challenge to their running. The beginning marathoner needs to build up a solid base of long-distance running in order to tackle the 26 mile 385 yards distance. There are differences of opinion as to how much mileage you need to run in training in order to complete a marathon. One guide from THE RUNNER'S HANDBOOK, by Bob Glover and Jack Shepherd is shown below. It should help you finish your first marathon, perhaps not at top speed, but with a reasonable degree of comfort (or should I say, you won't kill yourself with this schedule). Increase your mileage no more than 10 percent per week; train don't strain on your work-outs; and above all listen to your body. It will tell you whether you're in shape for the big race. Speak to people who have run them before, and try to get hold of some of the many running books that include information on marathoning.

BEGINNING MARATHONER'S FOUR-MONTH BUILD-UP AND TAPER PROGRAM.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Tot
1	off	3	4	3	3	3	6	22
2	off	3	4	3	4	2	8	24
3	off	3	5	3	5	2	8	26
4	off	3	5	3	5	2	10	28
5	off	3	5	3	5	3	12	31
6	off	3	6	3	5	3	14	34
7	off	3	6	3	6	3	16	37
8	off	4	10	4	6	4	12	40
9	off	4	8	4	5	3	20	44
10	off	6	12	4	8	4	14	48
11	off	4	12	4	6	4	20	52
12	off	8	12	4	8	6	14	52
13	off	6	12	4	6	4	20	52
14	off	6	10	4	6	4	12	42
15	off	4	15	3	4	4	10	40
16	off	8	6	4	off	2	race day	20

Buddies Column

If you would like to find other women who run in your area, send us your name (we'll print only the first name), phone number, area of town, and the time of day and distance you like to run. We'll print it in this column and hopefully we can get more of us running regularly!

Rosedale or Summerhill subway area: 2-3 miles, flexible times, Joy 921-3007

Wilket Creek Park: 3-7 miles, weekend mornings, Linda 498-8019

Yonge/St. Clair area: beginner, flexible times, Morag 488-3618, bus. 597-0534

upcoming races

Check with the race directors to be sure the times and locations are accurate.

- | | |
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| March 18 | 10KM ROAD RACE, 1pm, Sunnybrook Park, Toronto,
David Milne, 154 Sedgemount Dr., Scarborough, ONT. M1H 1Y2 |
| 31 | AROUND THE BAY, Hamilton, Ont.,
554 John St. N., Hamilton, Ont. L8L 4S1 |
| April 7 | 15TH ANNUAL TORONTO SPRING ROAD RACES, 12 noon,
High Park, Toronto,
Ian Anderson, 29 Riverview Gardens, Toronto M6S 4E6,
(416) 767-3602 |
| 16 | Boston Marathon, Boston |
| May 6 | 6TH ANNUAL CITY OF BURLINGTON 15 MILE ROAD RACE, 10am,
Burlington Family YMCA, Box 51,
500 Drury Lane, Burlington, Ont. L7R 3X8,
632-5000 |
| 6 | EATON'S 10KM RACE, 9am, downtown Toronto,
pick up applications at any Eaton's store in Ontario |
| 13 | NATIONAL CAPITOL MARATHON, 9am,
Ottawa, Ont.
Recreation Branch, 111 Sussex Drive, Ottawa, Ont. K1N 5A1,
(613) 563-3222 |
| 20 | BIG BROTHERS 10 KM FUND-RAISING RUN, 9am, downtown Toronto,
Barb Hickey, c/o Big Brothers, 18 Gloucester St., Toronto
M4Y 1L5 |
| 26 | CANADA DRY 10KM FUN RUN, High Park, Toronto
OTFA, 559 Jarvis St., 3rd floor, Toronto M4Y 2J1,
(416) 964-8655 |
| June 3 | STAR TREK, 20 KM, Metro Toronto Zoo,
R. Madeley, 726 Melton Drive, Mississauga, Ont. L4Y 1K6,
(416) 279-1507 |

Would you like copies of this edition of the newsletter to distribute to friends, at your office, school, hospital or university? We'd like to get this issue spread around as widely as possible with news of the conference and March 31 clinic. Call us for copies, at 532-7089.

TORONTO WOMEN RUNNING IS FOR YOU!

For \$5 you can join Toronto Women Running. Help promote women's running and join us in fun runs, clinics and races. You will be mailed the newsletter, which will keep you in touch with other women who run.

Name:
Address:
Telephone:
Particular interests (e.g. group runs, racing, special clinics, socials).....
.....

- ☐ Enclosed is my membership fee of \$5 for one year.
☐ Send me a "Toronto Women Running" T-shirt. Enclosed is \$4.50 plus 65 cents for mailing.

It comes in men's sizes S M L

Send to: 723 Bloor St. West, Apt. I, Toronto, M6G 1L5.

"Competition . . . what's in a name"

The concept of being involved in sport for competition seems to have fallen on hard times. And that's not surprising — when we see international athletes pumping themselves up on steroids in order to enhance their performance potential, when a whole country like Canada comes to a virtual standstill to wait with national ego trembling for the result of a hockey series, and when nine year old kids start clubbing each other over the head with their hockey sticks, we know that there is something wrong with competitive sport.

However, as a long time participant in highly competitive running, I would like to suggest that competition as an orientation for physical activity still has many positive features. It seems particularly relevant for people who have recently taken up running or jogging for fitness purposes. The problem that many of these people face is simply what will keep them motivated to continue over a long period of time. Once an initial level of fitness has been attained, the question is what next. Sure, some individuals may be quite happy to work to retain and improve their fitness level — but I suspect that many more will turn to other activities (and not necessarily physical ones) because the first pleasures of running and jogging turn into unmitigated boredom. I'd like to suggest that runners at any level can find pleasure, satisfaction and continuing motivation from getting involved in competitive running.

This may sound somewhat intimidating to some women runners. After all, unlike most males, there are a great many women who start jogging or running who have probably never been involved in any competitive sport. A recent survey of motivating factors listed by people who have taken up jogging or running in the past year verified this. While nearly half of the male respondents questioned indicated that "competing with others" was a reason to become physically active, only 20% of the women listed competition as a motivating factor. The socio-biologists of course would argue that this is attributable to some kind of biological predestination — that is, men and women have different hormonal structures and hence differential interests in aggressive or competitive activities. I would argue that that is biological bunk — I think both males and females are equally capable of manifesting competitive attitudes and of enjoying competitive sport as a participant — be it a friendly fun run or intensive international competition.

As a former (and hopefully future) competitor, I must admit considerable bias on this subject. But it does strike me that competitive running can offer an exposure to a range of emotional and physical experiences that simply can't be found in other activities. A few examples are in order. Like most athletes my competitive experiences range from those that generate total despair to those that provide exhilaration and excitement that defy description.

One of my earliest major competitions was at the 1964 Olympics in Tokyo. I had competed internationally for two years previous to 1964, but had never really faced the kind of field I was to be tested against in Tokyo. Although Canada had been sending teams to the Olympics since 1900, it's fair to say that we were pretty unsophisticated — particularly in

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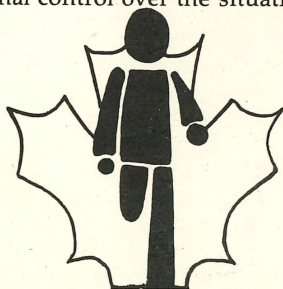
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Our thanks to Patsy Berton for the new T-shirt design. It is now available and comes in white with red trim and red lettering, of good quality Tiger brand. Order yours today, and one for a friend. It's great advertising for the club.

Thanks to Ellen Agger, Frances Gregory and all the contributors who helped produce this newsletter.

view of the training methods of a scientific nature being developed by both the East and West Europeans. So naive was the Canadian public, that our team went off to Tokyo (the site of the Olympics) with ridiculous expectations of Olympic gold. I was personally aware of where I stood in the ranking lists and I had charted my progress on world time lists which I received in European athletics magazines. Nevertheless, I preferred to read the Canadian papers which predicted medals for me and so went off to Tokyo with a positive outlook.

Spending a few weeks in an Olympic Village where one is exposed daily to the training sessions of one's competitors is a most sobering and shattering experience. The individuals who formerly had been mere names on a ranking list now were real people who could do more running and faster running in their morning workout than I could do in several days. As the day of my competition grew nearer, my fears and trepidations became greater. With this kind of attitude, it wasn't too surprising that I was a complete flop in my races (the 400 & 800 metre events). And when I say a complete failure, I mean that not only was I unable to place well enough to qualify for second round competition, but I also didn't even run anywhere near my personal best times in these two events. I was so upset that rather than stay around the Olympic sites and watch the remainder of the competition, I went off with a friend (who had managed an equally dreadful performance) in the direction of Hiroshima. Quite simply I had been conquered by the competition and totally intimidated by it — rather than being able to exert some degree of personal control over the situation.



Jerome Drayton, Frank Shorter, Grete Waitz and just about every other top marathoner have described the marathon challenge as being the distance and the event itself rather than the other competitors. This is true of any race regardless of the distance — feeling that you have control over your physical and psychological capacities is a major challenge for competitors at any level. I have seen exactly the same kinds of emotions among runners at the start of a recreational road race as I have seen at the Olympics. Some individuals are able to marshall all their physical potential (no matter what that may be) and produce an optimal performance on a given day; while others are overcome by the situation and fail to fulfil their potential. That really is what the competitive experience is all about, and at the same time is what makes it so universal. Competition really has little to do with winning and losing (except for those very few who have a realistic chance of winning — and that, let's face it, leaves out most of us), and a great deal more with doing as well (be it a 4 hour marathon or a 4 minute mile) as only we as individuals know we are capable of doing. It is that personal knowledge of assessing and learning about our potential that makes competition so intimate and intriguing.

Having failed so miserably in the Tokyo Olympics, I resolved that I would train hard to do better in future. I consider myself very fortunate that I had many successes measured by the traditional criteria of winning and setting records. But there is no doubt in my mind that the most satisfying races of my career were ones where I was not a winner in the normal sense. Specifically I am referring to the 1972 Olympics in Munich. Unlike the Games in Tokyo I went to this

competition better prepared physically than ever before, with a better assessment of my competitors and their likely level of performance, and with specific objective in mind — that was, to run a sub-2 minute 800 metres. Despite lengthy preparation over the months and even years before this event and some degree of confidence reasonably well-founded on some good performances, I was probably more keyed-up, more nervous and even more fearful of what the results would be than I had ever been before. But underlying all this apprehension was some confidence that I had prepared just about as well as I possibly could.

The competition itself involved a heat, a semi-final and a final round. There was incredible tension — almost unbearable as I (along with, but apart from) other competitors sat in my own territory at the warm-up track waiting to warm up for the event. On these occasions there is little conversation as everyone tries to gather all of their physical and psychological energy for the task at hand. What was particularly incredible about the women's 800 metre in Munich was the number of people who ran better than ever before. I had the good luck to run a personal best time in all three rounds of the competition and the previous Olympic record of 2:01:0 was broken so many times they stopped counting. This series of races taught me a great deal about the essence of competition. Out of eight competitors who qualified for the final, I finished eighth. I even missed my target of 2:00 and ran 2-tenths of a second slower than that. But it really didn't matter at all. The first eight competitors all finished within 1.2 seconds of each other and everyone was exhilarated by the closeness of the race — the order of finish was in doubt until the last few metres — and I'm certain that none of us in that race felt we could have done better under other circumstances. I know I didn't bother with any re-runs in my mind or thoughts of what might have been if only x, y or z had happened.

It strikes me that it doesn't matter what level of competition you aspire to — the opportunity to deploy all of your personal resources to achieve what for you and your level of commitment is an optimum performance is what a competitive situation is all about. No one else need know what your goals are or how hard you may have worked to reach them — it's a purely personal situation and only you are the judge of what you have accomplished.

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Students form Ryerson Women Running

Students often have trouble finding time in their busy schedules for running. Some women at Ryerson Polytechnic have attempted to find solutions to the time problem by forming a chapter of Toronto Women Running at their school. The group, begun last November, has several focuses, all directed at increasing the level of participation of women at Ryerson in running programs.

Events they have organized to date have included a discussion on why they run and problems that affect them as women and as students, a very successful clinic held on Feb. 3, and the formation of a central list of runners from the school. This list functions to connect up people of various levels and timetables who want to run with others. Twice weekly runs have also been organized, one of which coincides with TWR's Saturday morning group run.

Women are finding solutions to all kinds of obstacles that prevent us from running as we would like. RWR is one way of organizing that student runners have found to serve their needs and increase the visibility of women runners. If you would like information on how they have organized themselves, call Dorothy at 537-7029.