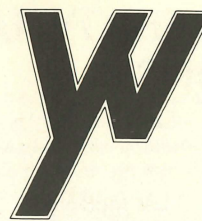


VANCOUVER WOMEN RUNNING



Vancouver YWCA
580 Burrard St.
Vancouver, B.C. V6C 2K9

Fall 1979

a newsletter



Vancouver Sun photo

Ellen Agger, founder of Toronto Women Running Club, leads Vancouver YWCA members in a run.

WHY A WOMEN'S RUNNING CLUB?

by Maureen Marshall

In the past few years Vancouver has seen an increased number of women "hitting the pavement" with their newly acquired gusto for running. But due to the many reasons we have all shared at one time or another that gusto sometimes fades and may even die. What could have become a wonderful pastime is buried under such blankets as "it's too lonely running by myself" or "I can't keep myself motivated" and even "there's no psychological support from anyone when I hit the low points". Every one of us has probably experienced these.

Seeing this problem, a group of concerned women from the Vancouver YWCA decided to do something about it. Meetings began in the very early spring and after much discussion and idea-exchanging, a weekend running clinic was held at Salt Spring Island. Interested women from all "Runs of Life" attended. The weekend was a success; because of the interested participants, the help of Ellen Agger, founder of Toronto Women Running and the concerned YW staff and volunteers, a *Vancouver Women Running Club* was created.

Vancouver Women Running will provide the much needed identity that can keep women runners of all levels "on the pavement". We hope to bring together a group of women who are interested in fun and fitness and in sharing their own joys and sorrows of running with other

women runners. We want to reach all of you, those who are interested but have not yet donned your treads to those who are veterans of the running world.

Vancouver Women Running will hold special group runs based from the YWCA, weekly group runs in various areas of the city, will co-ordinate clinics and seminars and publish a three-times-per-year newsletter to provide you with the latest information on women running. Vancouver Women Running has become a recognized member of the B.C. Track and Field Association.

If *YOU* are interested in helping us unite women runners, register now! The membership fee is only \$20.00/year and includes a \$10.00 YW General Membership. If you are already a YW member only the \$10.00 club fee is required. Club T-shirts will be available to all *Vancouver Women Running* members.

So come grow with us, and help get Vancouver women running together!

GENERAL MEETING

for Vancouver Women Running
Thursday, September 27

There will be a general meeting held for all women interested in hearing more about the focus of the club. Discussion on upcoming events, the newsletter, and October 13 Fun Run will take place. Social gathering and refreshments afterwards. Place: Y.W.C.A., 580 Burrard Street, 3rd floor Board Room
Time: 7:00 p.m.

EVERYONE WELCOME!

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UPCOMING RUNS

Sept. 16	Bonne Belle <i>Women's</i> Race	10 km	\$1.00 Les McDonald 987-0092
Oct. 13	Y.W.C.A. Fun Run	5 miles	Register at the YW on that day, 9:30. \$2.00.
Nov. 4	James Cunningham Seawall Race	6 miles	application forms available at the YW.

The Y.W.C.A. presents a Fall

Fun Run

Saturday, October 13, 1979
FOR WOMEN ONLY

Here is the perfect chance to run with a group of women interested in fun! So, bring a friend!

10:00 am Registration at the YW Pro Shop
10:30 am FUN RUN—5 miles—start & finish at the YW
11:30 am Refreshments

Entry Fee \$2.00
Spot prizes will be awarded

NEIGHBOURHOOD GROUP RUNS

With the growing interest of women running all over Vancouver, there have been enquiries as to where they run from. Many women find it difficult to attend downtown group runs based from the Y.W.C.A. Others go from their local community centre by themselves.

If anyone is interested in establishing a group run in their local area, please let us know as we already have a number of people who would enjoy group running but don't know other runners.

Group Run locations will be established and printed in the next newsletter.

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 names), phone number and area of town, and the time of day and distance you like to run. We will print it in this column and hopefully we can get more of us running regularly.

Contact Person: Marion Dietrich, Community Fitness Director, YW, 683-2531, local 251.



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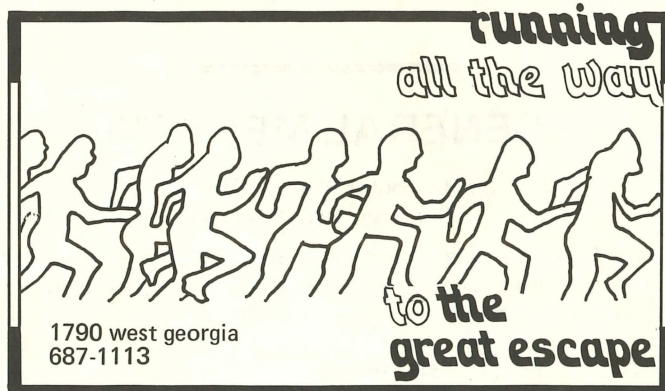
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A SUGGESTED 10 KILOMETRE RACE TRAINING SCHEDULE

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Week 1	rest and stretch	10 min	rest and stretch	10 min	10 min	10 min	10 min
Week 2	rest and stretch	10 min	15 min	rest and stretch	10 min	10 min	15 min
Week 3	rest and stretch	15 min	10 min	15 min	15 min	10 min	20 min
Week 4	rest and stretch	20 min	15 min	15 min	20 min	10 min	20-25 min
Week 5	rest and stretch	20-25 min	15 min	15 min	20-25 min	15 min	30-35 min
Week 6	rest and stretch	20 min	30-35 min	20 min	30-35 min	15 min	40-45 min
Week 7	rest and stretch	20 min	30-35 min	20 min	15 min	10 min	Rest

Remember: 1) Stretch prior to and after each running session
2) Run for the total time each day — if you can't run, then walk. Time that you are out is important.



PROBLEMS OF THE FOOT —OR— “ANYONE FOR SHIN SPLINTS?”

by Heather Ellis

It has often been said that the best writing comes from experience — if that's true, then this article may well receive the Pulitzer Prize. Having moved from the tenuous category of 'novice jogger' to that of 'seasoned runner' (ah, one season, actually), I have run, to use a pun, the gamut of ailments that befalls the city jogger. From major blisters and blackened toenails to achilles tendonitis and stress fractures, I have experienced enough of these disorders to tread (groan) lightly in the area of overdoing it. For, overdoing it can, in fact, *do it!*

And now comes in the experience. I am a jogger who cannot jog, a runner who must walk, for I have a stress fracture in the metatarsal area and nothing can adequately convey the frustration that I feel while I wait out this healing process, for little else except TIME can cure my problem.

Jogger or runner, hard surface or soft, the feet with their 214 ligaments, 38 muscles and 52 bones, receive severe pounding during a run, and it's not that surprising that problems occur. According to running guru James Fixx, there are five major categories that foot problems fall into: Blisters, Stress Fractures, Bone Bruises, Plantar Fasciitis (inflammation of heel ligaments) and Heel Spur¹. As well as these, there are also ankle problems which include Achilles Tendonitis and that old favourite, Shin Splints (which are a muscular problem causing pains, often with swelling along the front of the lower leg²).

Many of these ailments can be avoided through proper warm-up and warm-down, through the selection of good running shoes, and by simply knowing when you're over-doing it. However, despite these preventative measures, disorders still occur and it is helpful to know simple measures for treatment and diagnosis.

One of my most useful books is George Sheehan's *Encyclopedia of Athletic Medicine* (1972), published by Runner's World Magazine. That and Fixx's *Complete Book of Running* (1977), combine to narrow down my diagnosis so that when and if I need to visit my 'running Doctor', I have taken the proper steps to minimize further damage³ and simply require the medical profession's experience to pronounce sentence on TIME OFF. Even so, it's pretty difficult for a runner to be told she cannot run. . . which again in comes the experience. . . once you've run for any lengthy period of time, you get to know your body in a unique way that you may never have before. You listen perhaps more acutely to signs that point to something not-quite-usual and you and you alone know when you should stop running and when you should start running. Books and even doctors tend to give general suggestions — guidelines that EVERY PERSON should follow, but individually there are obvious differences. My stress fracture, for example, was caused by an almost-fall that I recovered from, but that 'tripping' action was enough to trigger a misalignment of bone that manifests itself after a few minutes of light jogging. Until that sensation disappears, running is out — or I may be out for a lot longer than a week or so's abstinence.

The date of August 11th approaches swiftly, and visions of Seattle dance in my head. Anxiously I watch my foot; gingerly I massage it and madly I swim to strengthen it — but inwardly I know that TIME is the only remedy and it's only been six days!!

¹The *Complete Book of Running*, James F. Fixx (1977), Random House Publishing Co., pp. 186-7.

²The *Encyclopedia of Athletic Medicine*, Dr. George Sheehan (1972), Runner's World Magazine, p. 43.

³For most foot injuries, immediate application of ice can markedly reduce pain and inhibit swelling.

THREE BENEFITS of the VANCOUVER WOMEN RUNNING CLUB

Three Benefits of the Vancouver Women Running Club:

1. Member of the B.C. Track & Field Association.
2. Membership Fee: \$20/year (\$10 YW General Membership; \$10 to Club). If you are already a YW member only the \$10 Club fee is required.
3. Membership entitles you to:
 - A. Vancouver Women Running Newsletter: three publications a year.
 - B. Special group runs based from the YW.
 - C. Clinics and seminars
 - D. Group runs organized in different parts of Vancouver.
 - E. Up to date information of *Women Running*.
 - F. Membership card entitles you to use of YW facilities on the *Special Run* occasions only.



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The Outdoor Store

1822 W. 4th Avenue — 731-6181

ABC's Outdoor Store

609 Yates Street, Victoria — 384-6522

VANCOUVER WOMEN RUNNING REGISTRATION FORM

Ms/Miss/Mrs Age

Address

City Postal Code

Phone—Home Business

Occupation

1. How long have you been running?

2. How many times per week?

3. How far?

4. Special interests:

Enclosed is my membership for one year.

Please send me a "Vancouver Women Running" T-shirt.

Enclosed is \$6.00 plus 50¢ for mailing. Size: S M L
(circle one)

Send to: Program Registration, Y.W.C.A., 580 Burrard St.,
Vancouver, B.C. V6C 2K9 Phone: 683-2531

A RETREAT FOR WOMEN RUNNERS



Jan Brooks photo

Participants of the Vancouver Women Running retreat start the day with a run on Salt Spring Island.

by Janet Brooks

Have you ever thought of getting away for a couple of days to a beautiful island where the weather is sunny and warm, where healthy nutritious meals appear before you at appropriate intervals, and all *you* have to do is run and listen to other runners speaking on the subject?

Vancouver Women Running, the newest running club in British Columbia and the first exclusively for females, chose to sponsor such a retreat as their initial activity. Western counterpart to 200-member strong Toronto Women Running, the new club hope to attract non-competitive female athletes who may benefit from the camaraderie of running with a club.

The retreat was organized by the volunteer effort of the staff of the Vancouver YWCA after being approached by Ellen Agger, founder of Toronto Women Running. Agger was interested in extending the Network of Women Running in

North America and the staff of the Vancouver Y enthusiastically took up the formation of a running club.

Four months after the initial contact, the carefully organized running weekend was held July 13 to 15 on Salt Spring Island at the YWCA Outdoor Centre.

Arriving Friday evening at the Gulf Island getaway after two relaxing ferry rides, the fifteen participants, the Y staff, and workshop leaders introduced themselves over cocoa by detailing their running backgrounds and reasons for attending. Experience and ability levels varied from a runner who had completed two marathons to someone to had never run before but thought this seemed like a good weekend to try.

Saturday's activities began with an early morning run on the deserted roads of the hilly but beautiful island. After breakfast, Ellen Agger, guest speaker for the weekend, outlined the beginnings of Toronto Women Running and provided information on how to go about organizing a women's running club. She emphasized the importance of organizing conferences and seminars to provide information for inexperienced runners, the need to attract women who are often intimidated by more competitive clubs, and the importance of a professional looking newsletter as evidence of credibility.

Workshops on nutrition and exercise, running styles, and safety and running were also presented, sandwiched around a hike to the beach. In fact, the beach turned out to be such a pleasant place that one of the lectures was rescheduled and given on the spot!

The Saturday night campfire came complete with marshmallows (carrot cake for the more discriminating) and silly songs. Sunday morning many participants ran further than they ever had before by completing a measured fun-run. Before heading back for a hearty brunch, the finish line area, which was well-situated near a rocky point and an underwater provincial park, had to be explored. There was even time for some serious sunning before the return trip to Vancouver.

Some participants confessed that they had originally had misgivings about heading off for a weekend with a group of strange women. But the outdoor settings of the lectures combined with the compactness of the group speeded up the process of getting acquainted. The exhilaration, the enthusiasm, and the camaraderie engendered by the weekend resulted in a very different ferry ride home.

A 51-year-old woman involved in property management, said that she had been content to run a mile a day previously but her new goal was to run a 10 kilometer race in Seattle in August.

A 36-year-old interior decorator plans to increase her mileage from 15 miles a week to 30 miles a week and says she will look into racing.

A 34-year-old legal secretary, whose previous mileage high was 6½ miles a week, plans to train for the Bonne Belle 10 kilometer race in September. When she began running four months ago, it took her 15 minutes to cover a mile and she wondered why she bothered telling people that she ran. Now her time is down to 12 minutes and she says that when she announces at work that she is training for a race "the kids will be laughing for weeks".

The success of the weekend calls for a repeat performance and it will probably become an annual event for Vancouver Women Running. The new club has applied for membership in the B.C. Track and Field Association and they will sponsor their first fun-run in October.

And the woman who had never run before? She planned to be out running Monday morning.



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