

TORONTO WOMEN RUNNING

112 Spruce St., Toronto, Ontario M5A 2J5 924-2851

Why a Women's Club?

Women's running is growing. Here in Toronto over 1800 women ran in the August 13 Bonne Bell 6.2 mile race. Though male runners still outnumber us, there are more women taking to the streets — and tracks and gyms — than ever before. We're leaving housework, job, and family pressures behind for some time for ourselves — getting fit, finding space to daydream, plan, or think great thoughts, meeting old and new friends, losing weight...

Toronto Women Running grew out of this new interest of women in running. We began as the Women's Jogging Club, which met for Sunday morning runs at Riverdale Park. After only a few months, we have expanded our scope, changed our name, and attracted many new members.

The Sunday group runs have been our focus — a place to meet other women who run, exchange information and experiences, and perhaps most importantly, to get encouragement — a "kick in the rear" for some of us! — and support for an activity that many people still think is not for women or is only "cute".

All levels of joggers and runners are welcome to the runs. Beginners can receive tips on how to start; middle-distance runners can find out how to increase their mileage; marathoners can meet other women who run long-distance. No matter what our level, we can get something from each other — at least the knowledge that there are more and more women taking up running and we are no longer novelties in a "man's domain".



We hope this newsletter can become a forum for thoughts, ideas, and information for and about women who run. We want to help increase communication among women runners all over Toronto (and elsewhere) in a variety of ways, and encourage more women to begin running.

Since women don't generally have much money, few have cars and many have childcare problems, some women find it difficult to make it out to an early morning run downtown.

fall 1978



a newsletter

To help this situation, we will have a regular space — The Buddies Column — where you can find others in your neighbourhood to run with on a regular basis. Or if you would like to start a group in your area, send us the location, time and contact phone number and we will print that information.

We are also planning to hold special clinics with information on different aspects of running — back care, injuries, marathoning, beginning running. Let us know what you'd like to see in the clinics. Or if you have knowledge you want to share, or you want to help run the clinics, contact us.

Let us know your ideas and what you need from a women's running club. If you'd like to get involved, call us, write, or come to a Sunday morning run. Toronto Women Running is for all of us.

Ellen Agger



Winter Group Runs

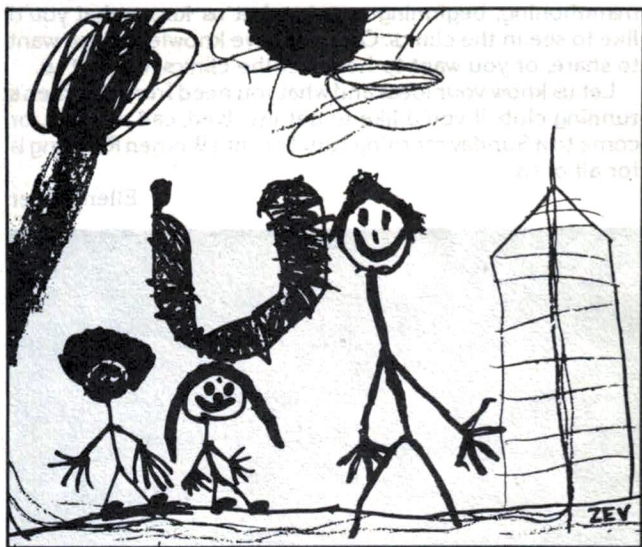
We still meet for group runs at Riverdale Park-Broadview/Gerrard — on Sundays at 8 am. As of December 2, we will be meeting Saturday mornings at 9 am at Ryerson Polytechnic. Use the entrance on the southeast corner of Victoria and Gerrard. Meet in the women's locker room — enter from 2nd floor gym. We'll have access to showers, lockers and the weight room-but bring your own lock. See you there (unless there's an ice storm!).

FUN RUN

Join us at 12:30 on Sunday, November 26, for our first Fun Run. There will be 3 and 6 mile distances marked off and you will be given your time. Bring warm clothes — we'll run it in any weather but a snowstorm! Hot and cold drinks will be available cheaply afterwards. Meet at Harbourfront, just west of the foot of York Street, and bring your friends and family. If you'd like to help out, call Ellen at 924-2851. See you there!

Running with a Young Family

I have been running for 8 months and during that time I have met very few women with young children who run regularly (or irregularly for that matter.) As a runner (3+ miles per day) and the mother of three children aged, 8 years, 6 years and 10 months, I am confronted daily with the difficulties of maintaining a regular running programme and keeping our family life functioning smoothly. The support and encouragement of one's husband is absolutely necessary if one is to be successful. Given that, a major problem is finding that hour of 'free' time it takes to do warm ups, run, warm downs and shower. When the varied family, household and school chores press in from all sides, I often feel that I do not have an hour to spare. However to run with the attitude that one wants to get the run over with as quickly as possible and get back to 'more important things' is self defeating, and makes running a real chore. If one starts running with this attitude, one won't enjoy the outing and is unlikely to run more than a few times before giving up. Therefore, a positive attitude toward the time committed to running is basic to success.



Many people, particularly beginners, find it helpful to run the same time every day since an established routine is easier to maintain. I prefer running in the early morning (6-7a.m.) when my husband is home to babysit, the city is peaceful, the air cleaner and few people are around. Morning is a good time for new runners who may be self conscious about being seen. Another way of running regularly is to work out a babysitting exchange (perhaps 3 mornings per week) with a neighbour who also wants to start running. Some families' routines, including ours, may be somewhat irregular due to shift work etc. so that I can not count on being able to run at the same time each day. It is helpful to be flexible about the time one wants to run so that you can take advantage of 'free time' throughout the day.

Several of my friends (non-runners) have expressed concern that they would be so exhausted after a morning run, they would not be able to get through the rest of the day. Surprisingly, a brisk morning run increases one's energy level. Therefore, I find I can whip through my daily tasks more enthusiastically than before I started running. That's another reason I prefer a morning run — one gets off to a good start.

One's reasons for running are personal and vary from individual to individual. Running is relatively inexpensive since it requires no special equipment other than a good pair of running shoes; and no special facilities. One aspect of running which I particularly enjoy is that daily half hour of solitude. With young

children, one is seldom alone, and I find that I really look forward to that half hour when I can think about things that are important to me. By maintaining a regular running programme and perhaps competing in the occasional race e.g. Bonne Belle and Cadet Fun and Fitness Run, one feels a sense of personal accomplishment and one's self image improves tremendously. An unexpected bonus has been that my family's attitude toward me — especially the 6 and 8 year old — has improved and they are proud and delighted when I finish a race. One's physical image will also be enhanced by a regular running programme which improves muscle tone, sheds pounds and generally improves one's figure.

Therefore, although the problems involved in maintaining a regular running programme when one has young children may seem insurmountable, I feel that benefits make the efforts very worthwhile.

Patsy Cook

JOGGING CLINIC

We'll be holding our first clinic **November 20, at 7 pm. Elaine Dembe**, an active runner and chiropractor, will be speaking on "How to run from the tension — avoiding low back pain."

Margaret Copeland, who is a marathoner, will lead a discussion, "One mile, three miles, 5 miles, 10 miles — getting the most from your daily L.S.D. (Long-slow distance running)."

These will be followed by a session on warm-up and stretching exercises.

Wear comfortable clothes.

After the clinic we will be having our first organization meeting where you can get involved or hear about the running of the club.

Join us on November 20 at **240 Avenue Road** at Dupont. The clinic is free for members, \$1 for non-members.

The Toronto Marathon — A First for Many

Hats off to four of our members who finished the first Toronto Marathon on October 8 with flying colours! **Kathe Tanner** finished first in the women's division with a time of 3:15. She is also Ontario Women's Marathon Champion.

Congratulations to her and to **Dorothy Kidd** and **Kathleen MacKinnon**, who sailed across the finish line, hand in hand, in 3:45.

Also to **Sheina Lerman** who finished in 4:20 (11th for women under 30). This was the first marathon for all three. Well run!

If we missed your race results, please let us know and we'll print them in the next issue. After future races, send in your times and we'll gladly print them. The major newspapers may not notice the women's times, but we will!



North York Run

Earl Bales Park, Downsview — Bathurst/Sheppard. Call for Kathe at 661-5515 for times (either Saturday or Sunday).

West End Run

A group will be set up when there is enough interest. Call Margaret at 533-9189.

When the Temperature Goes Down

What? you may be saying. Run outside in the snow? Though it may seem crazy to some people, winter running can be an invigorating exciting experience. Breaking through newly-fallen, fluffy snow or braving a windy snowfall can add new elements to your run. The key is proper clothing and warm-ups to ensure safety and warmth outside.

You can wear your regular shoes, adding an extra pair of socks if there's room. If they get wet, dry them in a warm room, but not by a heater, as this may cause unwanted shrinking. If your feet are warm when you go out, after good warm-ups, they will stay warm, even when wet. Your moving body is like a furnace and can keep you surprisingly toasty.

The rest of your clothing should be worn in layers. If you get too warm, you can always remove one light layer easily. My favorite attire is knee-length thermal underwear (like grandma used to wear) topped by sweatpants and a cotton turtleneck, with sweat-shirt and nylon shell on top. The shell is great protection against the wind and is light and easily tied around the waist if it gets too hot.



A lot of heat is lost through your head and hands, so wear a toque or a hat that covers your ears. Old knee socks are great for the hands — easily washed, can be folded down to make a double layer if it's extra cold, and can double as a hanky (it's more convenient than carrying an extra one!).

If it's windy, run against the wind at the beginning of the run and have it at your back coming home to avoid chills.

I find my footing is better when running on icy and snow-crusted sidewalks than when walking. My fears of slipping never proved true last winter — until the day I sprinted across an ice field! Try the middle of the cleared sidewalks, too, but watch out for traffic.

All in all, it's fun and easy to run outside in any weather. So keep your body moving all year around. You'll be in great shape come spring.

Ellen Agger

The 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!

Wilket Creek Park: 4 miles plus, mornings or other times, Joan 494-3061

Wilket Creek Park: 3-7 miles, weekend mornings, Linda 498-9019

Bloor/Spadina or other central location: 3-8 miles, 5:30pm or later, Mary 923-3384.

College/Ossington: 1-3 miles, flexible times, Margaret 537-6616.

Run within Yourself



It's October 8th, 1978 and I have given away the last fragment of my 'marathoning' personality. This process occurred over the two months following the August 5th running of the Police Games Marathon. Even with shielding myself from the few people who came right out and demanded pieces of me I am stripped left unmasked.

What does it all mean? For me it means winning a marathon in a personal best time of 3 hours and 7 minutes has rocked me to my very foundations. I realize that I needed very much to break apart to begin to glimpse the reality of myselfness.

This may all be very startling to those who think that running will hold them together and give their life the cohesiveness it has lacked. On a superficial level this was my view. Running became just one more way for me to barricade myself away from the frightening realities of my daily life. It is a good barricade especially now since it is so socially acceptable. Why people look at me and envy my 'discipline' and 'determination'. There is some hostility in their voices both male and female but that is ok because the hostility was always there but now I am able to toss it off as jealousy or chauvinism.

Anyway I have my daily workouts and I don't need anymore. At 31 years old I have lived a classically 'independent life'. Moving at my own pace and to my own whims. Or so I have convinced myself over the years. Having ending a marriage many years ago (we all need to go through this phase?) and having worked my way toward my present situation of living on my own, independent. What bliss.

In many ways this is bliss. This solitude provides me with the opportunity to face myself. To take up running and involve myself at gradually more competitive levels. Running has given me a chance to face myself without compromise. Boyfriends may drop away for whatever reasons girlfriends may stop coming by but I can still get up every morning and run ten miles before going to work.

Right now I am not running. I am sitting at home and worrying and eating, eating, eating. I injured myself racing on September 9th. My outlook now is gloomy. I have found out the reality of being flesh and blood and not steel. I must take a careful look at myself and my situation. But I can't, I am getting fat and questioning my strength to carry on. What does one do when the elastic hold one has on life snaps.

This is my dilemma now. This is a time when one is alone to battle with those monsters of depression and alienation. I do not want to give in to them. I know though that it is necessary to allow this fall to take place. It is necessary to surrender, to succumb — to admit defeat and to realize a certain humbleness of spirit. Possibly real growth and achievement rises from total defeat.

I will turn away from running for two weeks. I will exercise and ride my bicycle and take swimming lessons. I will realize that I am over eating because I am depressed and anxious. I will play games with myself to make depression and alienation laugh. I will chew on rubber bands or buy a pacifier!! I will not feel sorry for myself.

Margaret Copeland

Women and Exercise

A review of articles by Dr. Dorothy Harris, professor of physical education at Penn. St., sports psychologist, and physiologist from "Womensports Magazine", June 1977 — February 1978.

The Pregnant Athlete (June 1977)

1. Pregnancy is a perfectly normal process and with only minor adjustments one can pursue an active life right up to delivery.
2. Exercise helps prevent lower back pain.
3. Dr. Ullyot — "women athletes have much easier time with childbirth due to improved cardiovascular system, muscular control and abdominal tone. They recover faster. The only condition that precludes exercise is cervical incompetence — dilated or weakened cervix that can cause miscarriage."
4. In later stages — no racing or interval training — might result in decreased oxygen to fetus.
5. As a result of sports activity: easier pregnancies, fewer premature births, safer deliveries, shorter labors.

Fat (Aug. 77 & Oct. 77)

1. Women have more body fat than men (25% compared to 15% average at college age).
2. 28.1%-relative fat percentage of adult sedentary women. 15.2% for active group of female runners.
3. Van Aaken & Ullyot — "women may be better suited to long-distance running than men due to ability to utilize stored fat for fuel. People can store enough glycogen for two hours worth of energy at peak exertion. After two hours women marathoners are running off their fat and do not hit the wall as men may."
4. Changes in body composition with regular vigorous exercise: slight overall decrease in body weight, moderate decrease in body fat, moderate increase in muscle weight.
5. Lack of physical activity may be a more significant factor in becoming overweight than overeating.
6. Decrease in appetite occurs with one hour of daily exercise. Increase in metabolic rate during exercise is main cause of weight loss.
7. Six hours after exercise you are still burning more calories than you would be if you had not exercised (7.5% — 28% higher).
8. To lose weight, intensity should be as high as one can maintain for thirty minutes.
9. In first months you may not lose weight (muscle gains = fat reduction) but you will lose inches!

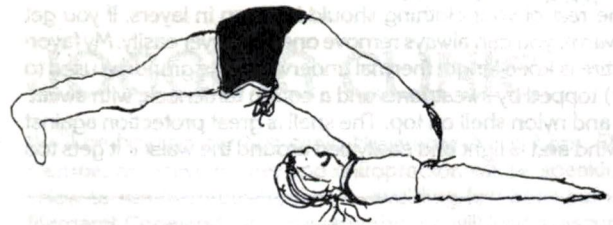


Menstrual Cycles (Sept. 77)

1. 20% of female athletes who train seriously several hours daily experience condition known as "secondary amenorrhea" or abnormal cessation of menstrual periods.
2. When athletes cease strenuous training they will become normally cyclic again.
3. Ullyot — "low percentage of body fat from regular training might cause cessation because body doesn't have enough stored fat to maintain pregnancy."
4. If you have menstrual problems make sure your doctor knows of your physical activity patterns. Beware of suggestion of hormonal treatment or surgery to correct amenorrhea. Condition is common among women athletes.

Sweat (Nov. 77)

1. Women stay as cool as men by perspiring less.
2. Women's internal body temperature must rise 2.3 degrees higher than men's before sweating begins.
3. Women have lower heart rates when exposed to the same heat stress.
4. Estrogen level in females provides us with greater vascularization (process of conveying blood through the body) more blood gets to surface to cool.
5. Since women have more active sweat glands than men, sweat is more uniformly distributed to produce maximum cooling.
6. Young girls should be encouraged to exercise in hot weather because repeated exposure to heat stress will result in lower core and skin temperature, decrease in heart rate and increase in toleration of heat.



—Miranda J. Mallinson

Anemia (Dec. 77)

1. Women who engage in strenuous activity may need iron supplements more than the average woman.
2. The athlete is more deficient in iron than the sedentary woman.
3. Something happens to men during puberty to raise their blood cell count and to increase ability to store and to produce iron; unfortunately this does not happen to women.
4. Two effects of strenuous exercise — compression of capillaries by muscular contractions and increased velocity of blood — may increase the destruction of red blood cells.
5. Iron from animal tissue is absorbed better than iron from veg. sources.
6. An iron supplement may be necessary or eat: liver, oysters, prunes, dates, kidney beans, baked beans.

Bones (Feb. 78)

1. Women who make vigorous exercise part of life rather than remaining sedentary are less likely to suffer bone fractures when old.
2. Natural harmony of movement between muscle, bone and sinew strengthens bones. Bone tissue like muscle tissue atrophies with disuse.
3. Because women have been less physically active than men, women are more vulnerable to bone fractures in old age and "weakened bones" — osteoporosis.
4. Prime bone mineral, calcium, is not metabolized effectively without muscle activity.
5. Bone size increases through continued use.
6. Since activity stimulates bone maintenance, the way to stave off threat of osteoporosis is to continue physically active lifestyle.

The Happy Addict (Jan. 78)

1. In running — even experienced runner finds first twenty minutes generally uncomfortable. After thirty minutes euphoric high often occurs. After forty minutes rhythm of running loses body tensions and thought processes shift gears. One loses ability to organize thoughts, ideas flicker across the mind. After an hour, runner's high is more apparent and one experiences altered state of awareness. One is aware of nothing and yet aware of everything.

Carole Rounds, Cleveland Women Running