

TORONTO WOMEN RUNNING

fall 1980



a newsletter

723 Bloor Street West, Apt. I • Toronto, Ontario M6G 1L5 • (416) 536-3687

Cancer Benefit Run

Everyone by now has heard of Terry Fox and his courageous attempt to run across Canada to raise money for cancer research. Inspired by this brave young man, Pam Hayes and I organized a 10 km. run to help raise funds for his cause.

On Sunday, July 13th at 9 a.m. the field of about 100 runners was off on a scenic course through Taylor Creek Park. At the same moment, Terry Fox was leaving Toronto on his run to London, Ontario. Thirty-two minutes later the winner, Mike Plumb crossed the finish line followed closely by Bob Marcotte and Bob Moore. The women were not far behind. The top three finishers were Elaine Janes, Judy Wilmott and Judith Arbus of Toronto Women Running.

Both Pam and I agreed that it had been a very rewarding experience and that we would do it all again.

Many thanks to the members of TWR who showed their support by running or helping at the registration desk and water station. Special thanks to Gary Weller and Jon Wong who came through in the crunch.

Anyone who was not able to run but would like to make a contribution may do so by forwarding a donation to the Canadian Cancer Society, 185 Bloor St. E., Toronto, Ontario, Attention - Miss Jill Speedy.

Iris Weller

Running Changes Lifestyle

I had read so much about this sort of thing, but I never thought for one instant that it could ever happen to me!

Growing up, I was always very active and during my university years I was a real squash enthusiast. When running became so popular in the early to middle seventies and everyone, it seemed, was running and competing in marathons, I was caught up in the fever and began training religiously at least 5 miles a day. I became slim and good-natured all at once.

However, in November 1979, a bladder infection prevented me from running and swimming (doctor's orders). I began to chafe on the proverbial bit at first for the days seemed to drag on forever, with nothing to look forward to.

After my operation, the convalescent period still prevented me from exercising and I started to become more and more depressed. To make matters worse, my appetite increased in direct proportion to the amount of exercising that I wasn't doing so I had to contend with my body that was quickly ballooning out of shape. Because of this I became self-conscious and introverted. Also, nothing fit anymore. I would cry for no reason. I made the connection that all this was due to lack of exercise but even still I actually was contemplating getting psychiatric help at one stage.

Fortunately, I never went through with it since I really had no need. All that was needed was a light program to reintroduce myself back to the joys of running, once I was better ... within 3 weeks I was myself again! Almost!

Nicole Nossal



While the participants were enjoying refreshments generously supplied by the Pop Shoppe and Knob Hill Farms, Pam presented the winners with Adidas bags and announced that we had managed to raise about \$3,000. for the Canadian Cancer Society.

INJURY CLINICS



Following is a list of clinics available for running or sports-related injuries.

Humber College

- 205 Humber College Blvd., off Hwy. 27
Athletics Injuries Clinic 675-3111 Ext. 270
- located in Gordon Wragg Student Centre
- hours 2-6 Mon. to Fri.
- no appointment necessary
- no referral necessary
- no charge

York University

- 4700 Keele Street, off Steeles Ave.
Athletic Therapy Clinic 667-3641/2242
- located in Tait McKenzie Building on first level
- hours Wed. and Thurs. 6.30 - 10.00
- by appointment only
- covered by O.H.I.P.
- no referral necessary

Humber Memorial Hospital

- 200 Church Street, Weston
Sports Injury Clinic 249-8111
- located in Rehab. Services/Physio. Dept. on main fl
- hours 4-6 Mon. to Fri.
- no appointment or referral necessary
- covered by O.H.I.P.

North York General Hospital

- 4001 Leslie Street at Hwy. 401
Sports Medicine Clinic 492-4681
Main floor, Room 123
- hours 4-6 Mon. to Thurs.
- appointment preferred
- no referral necessary
- O.H.I.P. coverage varies - check first
- they prefer to deal with recent sports injury

Orthopaedic and Arthritic Hospital

- 43 Wellesley Street East
Sports Injury Clinic 967-8530
in out-patient dept. on main floor
- hours Mon. to Thurs. 4-6
Fri. 3-5 and Sat. 8-9.30 am
- by appointment only
- no referral necessary
- O.H.I.P. coverage varies - check first

Scarborough General Hospital

- 3050 Lawrence Ave. E., at McCowan Rd.
Sports Medicine Clinic 433-2911 Ext. 491
on main floor
- hours Mon. to Fri. 3.30 - 5.30
- no appointment or referral necessary
- O.H.I.P. coverage varies - check first

Toronto Western Hospital

- Sports Medicine Clinic 363-3483
located in Toronto Western Medical Bldg.
25 Leonard Avenue, east of Bathurst
Suite 009 - in basement
- hours 5-6 Mon. to Fri.
- best to have an appointment or call first
- no referral necessary
- covered by O.H.I.P.

The Etobicoke Olumpium Sports and Back Injury Clinic
590 Rathburn Road, Etobicoke 626-1600 (in basement)

- hours Mon. and Wed. 9-1 and 3-7
- Tues. and Thurs. 12-8
- Fri. 8 - 4.30

- appointment preferred
- no referral necessary
- partial O.H.I.P. coverage

Women's College Hospital

- Orthopaedic Clinic, main floor
76 Grenville Street 966-7211
- hours Tues. and Wed. 1-4
- appointment and referral necessary
- covered by O.H.I.P.

If you would like to see a podiatrist on your own, the Canadian Podiatric Sports Medicine Academy has a reference line - 922-7088 -- they will give you the name of a podiatrist in your area.

Also, the Canadian Memorial Chiropractic College has an out-patient clinic, staffed by interns, at 1900 Bayview Avenue at Eglinton (482-2340). The hours are 11-8 Mon. to Thurs., 11-4 on Fri. and 11-4 Sat. No referral is necessary but an appointment is preferred. All visits are completely covered by O.H.I.P.

Beverley Green

CATHY

by Cathy Guisewite



The Buddies' Column

If you'd like to find other women who run in your area, send us your 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!

- Mississauga - 3 miles or more, weekends preferably
Beverley (H.821-1416 W.866-8353)
- University/Queen - 3-6 miles, after work, Dorothy
(H.597-0120 W.592-2526)

UPCOMING RACES

- September 7 - Baycrest Benefit 10K, Phone 781-8878
 - Island Fun Run 10K
 14 - Hamilton Downtown YMCA 10K Pepsi Challenge, 79 James St.S., Hamilton L8P 2Z1
 - Avon 20K, c/o Ken Parker, 79A Glenpark Avenue, Ottawa K1B 3Z1
 21 - White Oaks Classic 5K, 1261 White Oaks Blvd., Oakville L6H 2N9
 27 - C.M.I.T.T. Master Women's 5K, Phone Chris Walker at 284-0695
 October 4 - Bonne Bell Women's 10K, Phone 821-1244

UPCOMING CLINICS

A special clinic on Skin Care will be held on Tues. September 23rd, 7.30 pm at the home of Judith Arbus, 511 St. Clements Ave. (west of Avenue Rd., north of Eglinton Ave.) phone 486-6830.

The presentation will be conducted by Cindy Buin, a former x-ray technologist who has set up her own business practising a wholistic approach to skin care. Cindy will address such topics as skin care and nutrition, preventative measures of skin care (e.g. how to care for the skin especially after running and perspiring), how exercise affects our skin and the aging process. Other topics of interest may be raised by members during the discussion period.

Cindy is a very thorough and interesting speaker and I am sure the evening will be most informative. Hope to see you there!

Pamela Hayes

Tuesday, September 9, 7-9 pm
 The "Race" Experience
 Location - Westbury Hotel
 Call to confirm attendance:
 Bonne Bell Race Secretary 821-1244

TIDBITS

Also, anyone wishing to volunteer at a water station for the Marathon (we're trying to get enough TWR members for one station - about 20 people), please call Beverley before Sept.12 (H.821-1416 W.866-8353)

NOW AVAILABLE! T-shirts from the North American Network of Women Runners. Sleeveless, yellow shirts with NANWR logo. Sizes run large. Specify, S or M and send \$6 to the club address with your name, address and postal code.

Thanks to Dawne Verigin, Susan Wortman, Patsy Cook and Ellen Agger for all the work they did formulating and producing the questionnaire you just received. Remember to send it back by September 30, so we can tabulate the results and organize future activities with your needs in mind.

Note - Members wishing to contact Pamela Hayes, please note a change of address to 101 Lawton Blvd., Apt. 29, Toronto (Phone 482-3637 H. 978-2163 W.)

Anyone interested in entering the October 4th Bonne Bell 10K for women as part of a TWR team? If so, call Bev soon at H.821-1416, W.866-8353.

Monitoring Your Heart Rate

After you've been running some time, you learn what your limits are and how to adjust your pace to run within them. But when you are just beginning, it's useful to have a tool to help you monitor your body's signals. One built-in tool we all have is our heart rate. Measuring our heart rate during exercise tells us how our body is responding -- when to slow down or speed up and when the pace is just right.

To measure your exercise heart rate (EHR), stop running and count the number of beats in 10 seconds -- along the thumb side of your wrist (radial pulse) or by pressing lightly against one side of your neck with two fingers (carotid pulse). Try to count your pulse within 5 seconds of stopping to obtain a more accurate measurement.

Compare your count with the following age-adjusted charts. In order to increase your endurance, you should be working within your "target heart rate zone" for at least 15 minutes 3 times a week. Heart rate monitoring can also be a useful guide to help you adjust your pace when the weather is very hot, if you've had a late night the evening before, etc. I often use it to check my body's reaction to running up hills or when I run with someone faster and want to push harder but still work within my limits.

Remember, it's only a guide. Learning to interpret how you feel and running comfortably for you should be your goals for safe and enjoyable running.

Ellen Agger

FIT START (use for at least the first 6 weeks of exercising)

Target HR Zone	
Age	No. of Beats in 10 sec.
20-30	18-25
31-40	18-23
41-50	16-21
51-60	15-19

KEEP FIT (more vigorous -- use to improve your endurance)

Target HR Zone	
Age	No. of Beats in 10 sec.
20-30	24-29
31-40	22-27
41-50	20-25
51-60	18-23

Target Heart Rate Reserve

A more personalized method, this uses your age and your resting heart rate (RHR), taken first thing in the morning, as a guide.

To calculate your exercise heart rate (EHR), compute:

60-75% (depending on how hard you want to work) of (226 minus your age minus your RHR), plus RHR.

e.g. 226 - 26 years old = 200
 - 60 resting HR = 140
 60% of 140 = 84
 + 60 RHR = 144 beats/min.
 or 144 beats/10 sec (EHR)

TWR 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 1 yr.

Send me a "Toronto Women Running" t-shirt.

Enclosed is \$5 plus 65¢ for mailing

Men's sizes S M L

Send to 723 Bloor St.W., Apt.I, Toronto,
Ontario M6G 1L5

723 BLOOR ST. WEST, APT. I
TORONTO, ONTARIO M6G 1L5

Some of our members are running the Labatt's Toronto Marathon on October 5th. They'd love to have your support. Come to cheer and wear your TWR t-shirt!

Group Runs

There hasn't been a definite schedule for group runs set up for September because of the many races during the month. But if you would like to get together with a few people for a run, call Pam and she'll set it up for you. (H.482-3637, B.978-2163)

Book Review

Every Body's Fitness Book has a subtitle - "A Simple, Safe and Sane Approach to Personal Fitness" - and that's exactly what it is.

The information it contains would have been useful to me two years ago when I decided to become a runner. Only the intervention of a running friend saved me from injuring my knees on the small (26 laps to a mile) rectangular indoor track on which I tortured myself four times a week. I also would have been grateful for advice on what to look for in footwear. As it was, I ran for two months in cheap sneakers half a size too small.

This book will not only be useful for novice runners, but also for anyone with a desire to become fit, doing anything from swimming and cycling to skipping, hiking and cross-country skiing.

The author begins by taking us step-by-step through some basic habits associated with healthy living, how to recognize the first signs of over-exertion and fatigue, the importance of warm-up and cool-down exercises, how often, how far, etc. There are words of understanding and commiseration to guide the beginner during the first, sometimes difficult and uncomfortable weeks of his/her lifestyle, with the assurance that it will soon become an invigorating and looked-forward-to routine and "a chunk of freedom in a busy day".

There's a very good section on stretching exercises, with each one clearly illustrated and explained. The succeeding chapters deal individually with a number of fitness activities, discussing equipment selection, clothing, possible injuries and how to avoid them, etc., enabling the reader to choose the activity which best suits his/her needs.

Before reading Every Body's Fitness Book running was my only fitness activity. Now, with this book to advise and guide me, I'm contemplating a hiking weekend in the fall and some cross-country skiing this winter!

Jo Campbell

Every Body's Fitness Book
by Gordon W. Stewart, M.Sc.
A Dolphin Book, published
in paperback by Doubleday
Canada, 1980
\$6.95 - 238 pages

12 - CANADIAN RUNNER

Letters

SEXUAL DISCRIMINATION

On Saturday, March 29th, I participated in the annual Around-the-Bay Road Race held in Hamilton. With only a few hitches the race progressed quite well - until the post-race proceedings.

Customarily, many participants attended the awards ceremony to con-

gratulate and honour their fellow runners. We stood and watched the top male runners (20 approximately) receive their prizes and trophies, gym bags, cork screws, etc., and then awaited the distribution of prizes to the top female runners. We were completely appalled to discover that only the first finishing female was to be honoured.

As the longest running road race in the continent and one which enjoys a certain amount of prestige, we naturally assumed that the race organizers would have at least kept par with their thousands of race official counterparts who, though they may be lacking in experience, are obviously far ahead in the intelli-

gence department. It seems totally unbelievable to me that in 1980 a group of so many could demonstrate such flagrant sexual discrimination; especially in running, when women's marathon times are now being bettered with amazing regularity.

I certainly hope that the race organizers will reconsider their antiquated view of women; it would certainly benefit women in general (to say nothing of their wives) and women runners in particular.

Thank you for providing me an outlet to vent my rage.
Pamela M. Hayes
on behalf of Toronto Women
Running
Toronto, Ontario