

TORONTO WOMEN RUNNING

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Toronto, Ontario M6G 1L5-532-7089

mid-summer
1979



a newsletter

TWR HITS THE SCREENS

In June, members of the club came out for two filmings of our group running. The first was for a documentary on running that will be shown on CBC in the fall/winter. It will also be edited into a shorter version for schools and libraries and another for theatres, as a short. The second is about pregnancy and exercise entitled "It's Not An Illness". It focusses on several pregnant women runners including Patsy Cook from TWR. The filmings were well attended and gave many of us a chance to meet each other and find running partners in our areas. The films will also let other women know about TWR. We'll keep you posted on when and where they'll be shown.

ORGANIZING OURSELVES

We're beginning to set up committees to handle various projects and ongoing activities of the club. If you signed up on your membership application that you are interested in helping run TWR in any of several ways and/or if you are just plain interested and have a bit of time, contact the appropriate person, or drop a line to TWR.

- * Distribution Committee: (for handing out our information at races, clinics, etc.)
GLENDA WHITE - 486-1980
- * Newsletter Committee: ELLEN AGGER - 532-7089
- * Co-ordinating Committee: (to co-ordinate club events and activities and help initiate new ones)
contact person yet to be announced

There will be a joint Newsletter/Co-ordinating Committee meeting on Wed. Aug. 22 at 7:00 p.m. at Glenda's, 1600 Bathurst Street, Apt. 302, (near St. Clair Avenue). **EVERYONE IS WELCOME!**

- * Clinic Organizing Committee: Pam Hayes - 598-1775, next meeting to be held at Pam's place on Mon. Sept. 10 at 7:00 p.m. 89 McCaul Street, Apt. #617. A more complete report on the July 19th General Meeting will be in the next newsletter.

INFORMATION SHARING GROUPS TO START

We're setting up discussion/exchange groups on various levels that will meet monthly, or as set by each group. The purpose will be to get together and share information and our own experiences and problems -- a kind of self-help coaching group. Each group will set

up its own schedule and will bring in resource people (other members or from outside TWR) as needed. If you can't make it to the first meeting, call the contact person for the date of the next one.

- * Beginners Group: Lesley Bruce - 922-2485, August 14, 7:30 p.m.
- * Middle-distance Group: (for those past the beginning stage and pre-marathon or not interested in long distances) Betty Burcher - 968-1215 (after July 30), August 8, 7:30 p.m.

Both of these groups will meet at the Benson Building at University of Toronto, 3rd floor Huron Street, south of Harbord.

- * Marathon Group: Susan Wortman - phone directory assistance (411) for her new telephone number on Glendale. Next Marathon meeting August 21st, 7:30. Benson Building.
- * Would you be interested in a racing group? Some of our members are serious are serious competitors, others are interested in racing for fun. If you'd like to share your experiences and want to make contact with other women racers, call Chris Walker at 248-0695. When there is enough interest, a group, or two groups will be set up. If you are specifically looking for coaching or training information, this group may be the place to find it, or outside resource people may be brought in to help.
- * Many of our members are over 35. If you would like to meet with other "masters" women, call Chris at the above number.

Some of the topics to be discussed are how to increase your mileage, how to deal with injuries, how to stay motivated, what to think about on your long runs, psyching yourself up for the marathon distance, various training schedules, do you want to get into racing and whatever else members want to discuss.

PREGNANT AND STILL RUNNING?

Any pregnant women who intend to run through part of their pregnancy, all of it, and/or after, call Patsy Cook at 466-5484, if you would like contact with other pregnant runners.

HOT NEWS -- SPREADING ACROSS THE COUNTRY

The Canadian wing of the North American Network of Women Runners (see last newsletter for details) has been offered a women's column in Canadian Runner, Canada's first running magazine. We will co-ordinate the column by circulating a letter across Canada by September 1st to make contact with other women runners asking for input, articles, ideas, photos, etc. for the column. It will give us a good focus to make these contacts and let other women runners know about TWR, the Network of Women Runners and to promote women's running in general. We'll also let them know about a new pamphlet being produced by The Fitness Workshop on women's running and how to start a women's running club. We have already had several inquiries about how to set up a club from other areas. To get involved with this initiative, either by helping with the mailing or if you have ideas or articles for the column, contact the Network Organizing Committee at the club address, or call Ellen at 532-7089.

MEMBERSHIP FEE DUE AGAIN

We have set a yearly date on which membership fees of \$5.00 will be due — March 1st. So, if you joined anytime before January 1st, 1979, you have to "pay your dues", which are now overdue as of March 1, 1979. If you have joined since then, you are paid up until next March 1, 1980. Anyone joining from now on will also be paid up until next March 1st. Look for the coloured dot near your address label to see if you are paid up — the dot means another \$5.00 is still owing.

UPCOMING EVENTS

Add to your list: SEPTEMBER 9TH, SUNDAY, 11:30 P.M. - 10 KM, DIET PEPSI FUN RUN to be held on Toronto Island, \$5.00 entry fee, send for one to:

Diet Pepsi Fun Run
Box 130
Station "M"
Toronto, Ontario M6S 4T2

BUDDIES COLUMN

Looking for a running partner: KEELE/LAWRENCE AREA, AMBSBURY PARK: 2 miles, early morning or evening, call Rana - 249-5270, (week)

224-4201

WINTARIO FUNDING COMES THROUGH

We have finally received the letter of financial support from Wintario for our March 31, 1979 clinic. They are giving us \$1,188 to cover clinic costs, matching money we received from Bonne Bell and other donations. Thanks to Wintario — and to Abby Hoffman, for her etc.) work in getting the funding and organizing the clinic.

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