

TORONTO WOMEN RUNNING

spring 1980



a newsletter

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

X-C Ski Weekend

On a crisp Saturday morning, January 26th, 8 enthusiastic TWR members set off in an automobile caravan for a weekend retreat of cross-country skiing. As we left the barren green of Toronto behind, we were assured by our hostess, Lori Bernstein, that there honestly was snow to be found to the northwest. Though we did want to ski, we were determined to have an energetic weekend whatever the snow conditions turned out to be. Yes, we had all hedged our bet and packed our running gear.



Ellen Agger

Pam Hayes, Susan Wortman, Lori Bernstein (behind), Sharon Hicks, Rona Achilles

The chalet was located half a mile from the road, completely hidden from view. With excitement we lifted backpacks and set off, by foot or by ski. Our weekend supply of nutritional sustenance was piled onto the toboggan (who says swiss mocha ice cream isn't healthy!).

After sufficient oo-ing and ah-ing about our super weekend hide-a-way, we waxed up our skis, did a group stretch (naturally) and set off to test our limbs. Even novice skiers were able to sustain a good pace for our three mile venture. Running provided us with the necessary stamina and strength, though some of us were clearly lacking in skill and grace.

Shrieks of delight and terror echoed in the still country air as some descended a hill on sliding apparatus for the first time. Some reflected upon the security of running shoes, planted firmly on the ground. We did incorporate our running skills

at times, jogging up the hills on our skis which, for the most part, complied to our will.

Later, in a satisfying sweat, we stretched once again by a roaring fire. Our trek was followed by a sumptuous meal topped off by home-made cranberry bread grâce à Lori. Her effort was well appreciated. The evening's conversation covered a wide range of topics of interest: upcoming races, future plans for TWR, women's health. It was early to bed for all as we looked forward to another enervating day of skiing.

Sunday morning we enjoyed a relaxing two hour ski past woods, a waterfall and a hundred year old mill which had been converted into a lavish retreat. When we returned to the chalet for a hearty country brunch, 'lady-like' appetites were noticeably absent. The afternoon held another vigorous ski. Only one minor mishap to report. Ellen's boot harness broke three miles from the chalet. Perhaps that would pose a problem for those less active, but not for a TWR member. She merely buried her skis (to be retrieved later) and ran back to the chalet alongside her skiing companion.

A great weekend for all. Dare we think of it as a first annual TWR event?

Judith Arbus

Group Run Locations

(Mark your calendar now!)

Sunday, March 30th - 1 p.m. at High Park
(Bloor St. main gates across from High Park subway stop)

Wednesday, April 30th - 7.30 p.m. at the Beaches
(bottom of Woodbine Avenue south of Queen Street, near the Olympic Pool)

Wednesday, May 28th - 7.30 p.m. at Wilket Creek Park (Leslie Street and Eglinton Avenue, meet in first parking lot on right)

WEEKLY RUNS

The distance of the weekly runs varies depending upon who's present, how we're all feeling, the weather, and a number of other variables.

Come on out and enjoy combining meeting new friends and having a good run too. Great way to spend a bit of time on the weekend.

Held on alternate Saturdays and Sundays every weekend. Call Pam for the schedule - 598-1775.

Are You a Closet Racer?

Got an itch to try an organized fun run?; Afraid to consider the implications? Don't be! Running with a lot of people is the icing on your daily running cake. The camaraderie and stimulation most participants echo make any initial apprehensions fade and pale in retrospect.

Assuming you are at least a casual runner at this point, few changes will be required for preparing for your first fun run. (Depending of course on the distance you choose.)

First, check through the list of runs coming up in the spring. Decide which one suits your needs-

- (i) distance
- (ii) locality
- (iii) whether it's a mixed or all-woman race
- (iv) time of year, etc.

Choose your distance. Now the time has come to PLAN your weekly mileage a bit more accurately than you have done in the past. Different running magazines and books have as many different methods of training to complete any distance, but two main points do seem to concur in each publication-

- (i) you can usually race twice your longest run
- (ii) you can complete a race that is up to 3 times your daily average. (If you run every other day and run 10 miles a week, your daily average is not 3.3 miles but 1.5 miles.)

O.K. So slot yourself into a chart like the following and decide if you are being realistic about the distance and/or if you need to increase* your mileage.

Distance Chosen	Miles Per Day	Longest Run
3.1 (5 km.)	1.2	1.5
6.2 (10 km.)	2	3.1

* Do not attempt to increase your mileage more than 10% in one week.

Begin to keep track of your mileage; whether you choose a formal diary or just noting it on your calendar. The week before the big day run as usual, try not to overeat in anticipation. You'll run easier, lighter. Do not run (or run very lightly) the day before.



Do not wear anything new on race day, stay secure in clothes and shoes you know! Wear a hat and bring something warm to cover up before and after the race.

Get to the location at least one hour before race time. You need this time to stretch, pick up your registration and await your turn at the W.C. When you line up, ask people around you how fast they run and situate yourself accordingly moving back or forward.

Then relax, have a chat, meet new friends and enjoy the community of runners like you never have before.

But it won't be your last...

Kathleen MacKinnon

Preventing Injuries

When we feel good, look good, and are alert and productive, our bodies will be adapting to stresses (like running) which we place upon them. If we feel tired, pain, and are washed out, we need rest, not stress. Here is a list of key symptoms of overtraining:

- a) mild leg soreness
- b) lowered general resistance (evidenced by sniffles, headache, etc.)
- c) washed-out feeling and I-don't-care attitude
- d) poor coordination (evidenced by general clumsiness, tripping, stubbing one's feet, poor auto driving, etc.)
- e) hangover from previous run

I cannot overemphasize the importance of this list. If any of these symptoms is observed today, it is likely that yesterday's run was too hard to allow the body to adapt effectively to its stress, and to improve. Instead of getting a little better, you've gotten a little worse. Easy running should now commence, and harder running be resumed only after all these symptoms disappear.

- excerpted from an article by Tom Osler, reprinted in Cleveland Women Running Newsletter, Summer 1979



Ellen Agger

Toronto Marathon Clinic

If you like to run, you'll love to be part of the new Toronto Marathon Clinic. Held the first Sunday of each month, 9 a.m. to 1 p.m. at the York University Field House. Lectures, stretch sessions, fun runs, training workshops. Cost is \$2, children under 16 free, all proceeds to Muscular Dystrophy. Bring running gear, towel, soap and an open mind.

- April 6: The Marathon -- Go for It!
- May 4: Running into Heat
- June 1: Longevity and the Athlete
- July 6: The Psychology of Running
- August 3: Aerobics -- What Does it Mean?
- Sept. 7: The Corporation and Fitness with the Corporate Cup Relays
- Oct. 5: Running Shoes and You -- State of the Art
- Nov. 2: Running into Winter
- Dec. 7: Going on Running Holidays

For more information, call 226-9196

Upcoming Races

- March 29 Around the Bay Road Race - 19 miles, 168 yards, 10.30 a.m., Reg. \$3., Bay Race, P.O. Box 284, M.P.O., Hamilton, Ontario L8N 3C8
- April 5 Toronto Spring Road Race/including 20 km. and 5 km. walk/Toronto High Park/Mr. Ian Anderson, 29 Riverview Gardens, Toronto M6S 4E6 (767-3602)
- April 19 North York Road Races/including 5 km. walk, men - 3 km. walk, women/Toronto - York U./Dave Welch, 97 Churchill Ave., Willowdale, Ontario M2N 1Z2 (225-0846)
- April 20 7th Annual Forest Heights Road Races/10 km./Kitchener/Jamie Hember, 69 Larkspur Cr., Kitchener, Ontario N2M 4W8 (519-745-1375)
- April 20 Hamilton Downtown YMCA/Marathon/Peter Rhodes, Hamilton Downtown YMCA, 79 James St.S., Hamilton, Ontario L8P 2Z8 (529-7102)
- April 26 Brooks Spring Run Off - 5 miles (8 km.) High Park, Toronto - 10 a.m. Brooks Spring Run Off, Box 100, Stn. A, Weston, Ontario M9N 3M6.
- April 27 Trenton Centennial Relay Run/29.5 mi., 5 member teams/\$5 per runner/10 a.m./Trenton/Kinsmen Club of Trenton Relay Run, Box 524, Trenton, Ontario K8V 5R7
- April 27 M.T.R.R.A. 1/4 and 1/2 Marathon Guildwood Village Scar./Mike Freeman, Secretary, MTRRA, 154 Cactus Ave., #57, Willowdale, Ontario M2R 2V3 (221-0802)
- May 4 Oshawa Classic 10 km./Competitive categories in all open events as well as for physically disabled athletes. Oshawa - Marley Davidson, No.304 - 110 Nonquon Rd., Oshawa, Ontario (599-7281)
- May 4 7th Annual Burlington Road Race, 15 miles, 10 a.m., Burlington Family YMCA Road Race, Box 51, Burlington, Ontario L7R 3X8
- May 4 Eaton's 10 km. Road Race/Toronto/Public Relations, Dundas St.W., Toronto M5B 1C8 (591-3512)
- May 10 Blossom Festival Road Race/20 km./Niagara Falls/P.O.Box 213, St. David's Ont. L0S 1P0 or B or Eby (262-4757 or David McCutcheon (262-5148)
- May 11 National Capital Marathon/Ottawa/Michael Kenney - City of Ottawa Recreation Branch, 111 Sussex Dr., Ottawa K1N 5A1 (613-563-3222)
- May 17 2nd Annual "Whitey's" Road Race & Fitness Run/Waterdown/2 miles - 10.30, 15 km. - 11.00/W. Sheridan, 174 Main St.S., Waterdown, Ontario L0R 2H0
- May 25 Durham Mini-Marathon/20 km. Open Male, and Female, Sr. Male (30-39), Masters; 10 km.-30+ Female and Male, Under 18 Female; 5 km.-Under 14, Male and Female/9 a.m./Durham College-Oshawa/Joe Pender, No.905-745 Stevenson Rd., North Oshawa, Ontario L1J 5P4 (579-2485)
- May 25 Women Teachers of Etobicoke and Penmans 5 km. and 10 km. Fun Run - Open to women and girls of all ages. For further info. contact Kathleen MacKinnon at 921-8459
- June 1 Star Trek/20 km./Toronto Zoo/Jim Clayton, 34 Mould Ave., Toronto (766-7965)

Resource Materials

Booklets

Women's Running: Coming of Age in Canada
by Ellen Agger

Explores the growth and development of women's distance running in Canada over the last decade. Discusses barriers that have prevented many women from being active, how these are changing, racing, marathoning, and the future of women's running.

75¢ each, or 10 for \$6.00

Breaking the Barriers - a Women's Approach to Running

by Ellen Agger and Dorothy Kidd, with an introduction by Abby Hoffman

Covers what is special about women's running, how and why it is becoming so popular. Details how to start a women's running club - with practical information based on the experience of Toronto Women Running, Canada's first women's running club.

50¢ each, or 10 for \$4.00

Posters

Run for Yourself

Poster includes a listing of women's running clubs across Canada.

\$1.50 each, or 10 for \$12.

Send to: The Fitness Workshop, 348 College St., Toronto, Ontario M5T 1S4.



MTRRA Road Races

The Metro Toronto Road Runners Association, founded 9 years ago, holds 10 road races of varying lengths throughout the year. Entry is free with pre-entry for members, or \$2 for post-entries or non-members. Membership costs \$8 (\$5 for Juniors and Associates). Watch our upcoming events listing for these races.

With an eye to encouraging greater participation by women, a complete set of medals will be awarded in four age categories (Jr., Senior, Veteran, Master) in 1980.

For more information, contact: Mike Freeman, Secretary, M.T.R.R.A., 154 Cactus Ave., #57, Willowdale, Ontario M2R 2V3.

TWR Members Shine

On a chilly January 20th a few TWR members headed to Waterloo to participate in the Frigidie Eighter Fun Run. Little did they know at that time that they would place in the run's standings.

It was a fast starting run with about 500 people participating. Many of the runners were locals who have run the annual eight-mile course every year. The course was picturesque, away from the hustle and bustle of thriving Waterloo, and except for one heavy-duty hill strategically placed at the six-mile mark, was relatively flat.

After the race, runners gathered for refreshments and 'shop talk'. It was delightful to discover at the awards ceremony that (1) the TWR team (Lori Bernstein, Donna-Jean MacKinnon and Pam Hayes) placed 3rd in the Women's Team Event; and (2) that Pam Hayes placed 3rd in the Women's 20-29 age category with a time of 56:22. CONGRATULATIONS!!

Running as part of a team is lots of fun and can be (as Lori, Donna and Pam discovered) quite rewarding. If you'd like to join a team for any of the upcoming races, call Pam and she'll make sure it gets organized for you (598-1775). See the 'Coming Events' column for runs that interest you.

Tidbits

If you received a membership due notice in mid-February and have not yet paid for 1980-81, this will be your last newsletter. Be sure to pay your dues if you'd like to continue being a member of Toronto Women Running.

Omission - Thanks to Susan Wortman for her Winter Running Tips which were sent out with the winter newsletter.

Note - The club address is still 723 Bloor St. West, but our new phone number is 536-3687. An answering service will take your message when no one is home.

Logo Contest Winner - Thanks to Marjorie Moeser for her design for a TWR logo. It appears in the masthead on the front page and will also be featured on our new club t-shirt along with "Toronto Women Running" - so order yours now!

Thanks to the Newsletter Committee - Pam Hayes, Susan Wortman and Ellen Agger.

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 \$4.50 plus 65 cents for mailing.
It comes in men's sizes S M L
Send to: 723 Bloor St. W., Apt. I, Toronto M6G 1L5.

Films a Hit

On Sunday February 3rd, about ten club members with their friends and families met at the home of Judith Arbus. After a short run, we chatted and ate, exchanging news, tips and lunches. (That cake was amazing, Judith!) Then down to the basement to watch the films. There was quite a variety: women in sport, orienteering (the sport that combines running and map-reading), cross-country skiing, and yes, even one on running! Thanks to Judith and Ellen for organizing the event - it was fun!

Susan Wortman

It would be great to see some new faces at our Coordinating/Newsletter meetings. Bring your ideas for future club events to: Pam Hayes' place, 89 McCaul St. (s. of Dundas), Apt. 617, 598-1775, on April 24 th, Thursday at 7.30 pm.

Self-Analysis

When an injury occurs, you should go through a systems analysis. Among the questions you might ask are:

- Have I changed shoes?
- Have I let my old ones run down?
- Have I increased my mileage?
- Have I changed my terrain?
- Have I changed my training routine?
- Am I doing more speed work?
- Did I race in racing shoes?
- Am I running on a track, particularly a banked one?
- Have I neglected my stretching exercises?

- excerpted from Dr. George Sheehan's Medical Advice for Runners, World Publications, 1978

After that, you frequently can pinpoint the cause of your problem. Treatment usually involves shoe modification, exercises, over-the-counter arch supports, or a change in routine.

The incidence of overuse injuries, however, can be minimized by the following:

- correcting training programs to allow for individual differences and physiological adaptation;
- selecting appropriate training surfaces and terrain;
- picking training shoes for maximum protection;
- maintaining lower extremity strength and flexibility programs; and
- balancing any foot abnormalities with functional soft or rigid orthotics.

When overuse injuries do occur, treatment includes modification of the runner's training regime (possibly including modified rest), ice massage and anti-inflammatory medications when appropriate, muscle strengthening and flexibility programs, and other physiotherapy measures such as friction massage and ultrasound. In some cases it is necessary to create functional soft or sometimes more rigid flexible orthotics, to balance foot abnormalities.

- excerpted from the Winter 1979 issue of B.C. Runner