

TORONTO WOMEN RUNNING

summer 1980



a newsletter

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

EXTENDING AN INVITATION TO ALL WOMEN RUNNERS

Toronto Women Running is now two years old. Much has happened in these two years, as we have grown to become not only one of Toronto's largest recreational running clubs, but a voice for local women runners' concerns. We have held many successful clinics, helped many women stay motivated and encouraged others to start running programs.

As with other volunteer organizations, we have had our problems. Lack of time and other commitments have meant that the workload - and the excitement - of organizing the club events and direction have been undertaken by a group of around 10.

We have had some feedback from some of our members who have the time and interest to get more involved but haven't until recently. Some have said they were leary about becoming active because they thought TWR was mainly for "serious runners". Others thought that since we produce a professional-looking newsletter, that they had nothing to offer the club, because "you clearly have it all well in hand".

TWR is in fact a club made up of women who approach running in many different ways. Some of us are casual runners; some are starters-and-stoppers; some run for fitness alone; others are serious competitors and marathoners. We feel this mixture is a strength and an asset to the club.

It helps us speak to the variety of needs women runners have and it helps us plan events that have a wide range of appeal.

If you are interested in becoming involved with the club, meeting new friends, expressing your ideas or just getting out of the house, please feel welcome at any of our events or meetings. We need your input. You don't have to be a professional runner, writer or organizer - all you need is an interest in running, a little bit of time and the desire to meet and work with other women.

To give you an idea of how you can get involved here's a list of suggestions:

- come run with us at a group run
- write an article for the newsletter on your personal experiences - how you started, your first race, problems you have had, etc.
- we also need informational articles that may require a little research at the library or through someone's collection of running magazines (contact Ellen at 536-3687 to avoid duplication)
- help out at our periodic mailing parties, so dubbed because you can meet new people as well as stuff envelopes!
- send us photographs of runners, races, etc. or graphics if you can draw
- bright ideas are needed for new topics and speakers for future clinics as well as help in organizing them
- preparation of a basic informational packet to be sent to all members is in the works and could use some extra heads and hands

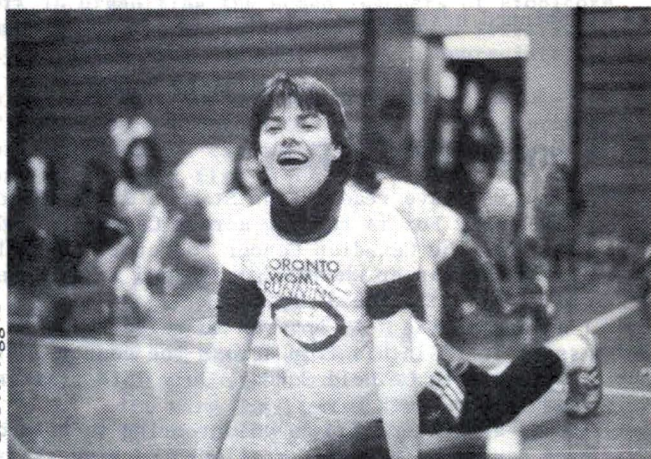
The list is endless. Let us know any ideas you have for events that will meet your needs. And if you can figure out how we can attract more women to our runs (and get around the problems of having to travel vast distances to get together), please call.

Remember, TWR is for all of us. Our purpose is to promote women's running. But it is also for mutual support and socializing. Please feel welcome.

Ellen	Lori	Kathleen	Donna-Jean
Pam	Judith	Patsy	Jessie
Susan	Bev	Sharon	Arlene

Next Co-ordinating Committee meeting:
Thursday, July 24, Pam Hayes' place, 7.30p.m.
89 McCaul St., Apt. 617, Toronto
598-1775. Bring your ideas for future events.

Ellen Agger



Dorothy Kidd, formerly of TWR and now of Vancouver Women Running, warming up before a VWR-sponsored race held in conjunction with The Female Athlete Conference, Vancouver, March 21-23, 1980.

Anti-Rape March

The Toronto Women Runners participated in the recent Rape Crisis Centre demonstration "Take Back the Night" which was held in the Beaches on May 6. Unfortunately we were unable to march under a TWR banner due to a last minute illness incapacitating our banner's carrier. Yet we did march, we sought out and found each other, and marched together.

A woman's march is an uplifting experience at any time. It creates immediately an inner feeling of sisterhood, solidarity and woman power. Any TWR member who has never had this experience has missed a great opportunity for a feeling of strength and well-being.

This particular march was organized as a result of the rape-murder of Barbara Schliffer near her home in the Beaches area. As a woman runner, I maintain that the theme of "Take Back the Night", or more generally, women's safety from harassment and danger in the streets is especially relevant. Which of us, when out for a winter night's run, has not turned her head nervously at the sound of a jogger's shoes fast approaching behind her? Who has not run down a darkened street, her heartbeat quickening with apprehension, till she once again sights the streetlights from the approaching main street? How many avoid the problem altogether by simply not running at night, while resenting this externally placed restriction of freedom? Does it sound too familiar?

Several of us marched with Susan Wortman behind the Wen-Do Self Defence banner. Self defence for women seems to me an excellent starting point by affording us increased physical power for self-protection. Clearly, a stronger, more positive mental attitude goes hand in hand with that.

It was generally rewarding to find over 600 women who made it a priority to go out to the Beaches at 9.30 on a weekday night. Of course, the impetus for such a gathering was tragic. But the result was heartening. Several steps in the right direction.

Judith Arbus

Running Routes in Toronto

Summer has arrived with its attendant sunshine and warmth, causing runners to think of running (do we ever think of anything else?) on fresh, springy grass, along tree lined paths, beside sunshine, sparkling water and the feel of a soft breeze to help keep us cool.

To help you realize your fantasies, the following are scenic routes in various parts of the city that can provide some or all of the above.

KEW BEACH

Distance: 3.5 miles
Surface: wooden boardwalk
Obstructions: people
Directions to trail:

Follow Lakeshore Blvd. to Greenwood Racetrack. Directly across from tracks are entrances to Ashbridges Bay and Kew Beach. Boardwalk is straight ahead from parking lot through the park to beach. Arriving at the middle of the boardwalk you can choose to turn left or right. Turning left, you'll pass Olympic Pool, Kew Gardens and Balmy Beach Canoe Club. At the end of the boardwalk, turn and come back to starting point to complete route.

SUNNYSIDE BOARDWALK

Distance: 5 miles
Surface: paved path
Obstructions: cyclists
Directions to trail:

This route follows bicycle path along Lakeshore. The run begins in Sir Casimir Gwowski Park. Other sights include old dance hall ruins, Sunnyside Beach and the Palais Royale. The path then takes you past the Argonaut Rowing Club where path jogs behind Aquatic Dr. bridge. The last park is beside Aquatic Dr., which finishes at the bleachers just before Ontario Place. This marks the half-way point, where you turn around and return to your starting point.

THE SPADINA EXTENSION RUN

Distance: 5.4 miles
Surface: grass, sidewalk, cinder path
Obstructions: traffic lights
Directions to trail:

The starting point, Sir Winston Churchill Park, is at the corner of Spadina Rd. and St. Clair Ave. W. The run begins with a quick spurt up the hill to the jogging path which takes you around the reservoir. Stay on the path until you arrive back at your starting point, then head west for the intersection. Run north on Spadina Rd. to Heath St., your first left. Follow sidewalk until you reach the St. Clair subway station and head north. Run north in the park alongside Everden Rd., turn right at Eglinton Ave. continuing to run east to first set of street lights. Cross the road and watch street signs for Old Park Rd. Turn left, running north. Just past Forest Hill Prep School on right hand side you will pick up the belt line - a cinder path which will lead you back to Avenue Rd. Turn right on Avenue Rd. to Kilbarry, turn right again to Forest Hill Rd. Continue south past Upper Canada College to Lonsdale Rd., turn right and run east to Russell Hill Rd. Turn left and run south back to St. Clair Ave. W.

The above routes were excerpted from the book, The Toronto Runners Guide by Leslie Michener, copyright by Bestsellers Inc., Suite 439, 17 Queen St. E., Toronto M5C 1P9.

Continued next issue.

Jessie Price

Cancer Benefit Run

As you may have read in the Star, a 21 year old named Terry Fox is running across Canada to raise funds for the Canadian Cancer Society. Terry lost his leg to cancer when he was 18 and is now equipped with an artificial limb.

I am organizing a 10 km. run to raise funds to assist Terry in his trip across the country. It is planned to be held Sunday, July 13th starting from Taylor Creek Park.

If you are interested in volunteering to help on race day (manning water stations, parking assistance, etc. - there are endless jobs to be done) please contact me.

Pamela Hayes
(Res. 598-1775)

UPCOMING RACES

Sunday, Sept. 14 - AVON 20K Race for Women

For further info -

Ken Parker

79A Glenpark Drive

Ottawa, Ontario K1B 3Z1

Saturday, Sept. 27 - C.M.I.T.T. Master Women

women 35 yrs. and over

Sunnybrook Park - 5 km.

Contact - Chris Walker,

284-0695 for entry forms

and/or information or

write 34 Rodda Blvd.,

West Hill M1E 2Z6.

For other events, consult the latest issue of Canadian Runner.

Over 40: 1. Gail Kendall 24.17.1

10 km. runners who changed their minds and ran 5 km.:

Nichole Spinks 31.33.5

Janet Guy 32.24.8

Janice Guy 32.25.4

10 km. times

Age 20-29: 1. Pamela Hayes 46.46.6

6. Heather Duncan 51.02.1

17. Almina McCarthy 62.48.3

Age 30-39: 2. Susan Lovejoy 47.40.0

3. Susan Wakefield 53.37.8

5. Iris Weller 55.44.0

7. Sharon Hick 58.25.1

12. Beverly Green 63.17.4

13. Susan Eck 65.02.4

Over 40: 2. Del Simpkins 50.49.7

4. Ruth Edge 59.43.1

Unclassified: Shelley Finson 55.21.4

Flora McQuarrie 53.35.4

These names were taken from the official results list. Our apologies if your name was left off the list.



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!

High Park: 3-4 mi. daily, half-hour at noon,
Elaine 466-0791 or 766-4311, ext.584

Eglinton/Jane: 4-6 mi., after work
Susan 245-7687

TIDBITS

We now have the first newsletter hot off the press from the North American Network of Women Runners. If you aren't a member already and would like a complimentary copy, send a stamped, self-addressed envelope to TWR (address on the front page).

TWR extends thanks to the speakers who made our April 5th workshop on Running Physiology so successful: John Griffin of George Brown College, Liz Lowry and Carol Martin of the University of Toronto. Thanks also to Chris Walker for serving as a resource person. About 40 TWR members and friends braved the cool and rainy weather to attend the workshop held at Ryerson and we hope everyone found the presentations and discussion helpful.

Thanks to Penman's for their contribution of draw prizes for our June 8th Social Fun Run.



Biggest TWR Turn-out Ever

Many thanks to Kathleen MacKinnon for all her work in organizing the Women Teachers of Etobicoke Women's Fun Run on May 25th. It was a terrific day, a great race and was very much appreciated.

We had our best turnout for any race to date - 27 TWR members finished the 5 and 10 km. distances. Congratulations - especially to all those who were running in their first race!

5 km. times

Age 20-29: 2. Hala Saab 25.15.1

5. Jura Seskus 27.19.6

6. Betty Burcher 29.17.7

7. Arlene Skagfeld 30.53.2

9. Julie Richards 35.18.1

10. Marg Hamilton 35.23.1

11. Lesley Bruce 42.27.2

Age 30-39: 2. Jackie Quine 25.28.7

4. Sheila Church 26.42.7

9. Jane Young 30.40.1

11. Donna Smith 31.33.9

18. Chris Zanganas 37.49.7

Building Abdominal Strength

I'm a runner. Why should I worry about having strong stomach muscles?

Strong abdominal muscles are important for everyone. They are important postural muscles and help keep your back in proper alignment. When they are weak they allow the pelvis to tilt, placing strain on the spinal column and often causing lower back pain. They also help hold the stomach and other organs in position and when strong, can help reduce some digestive problems.

Since we use our bodies, particularly our backs, in an active, dynamic way, we must pay extra attention to these muscles. Some kind of abdominal strengthening exercises are an important addition to the pre- or post-run stretching exercises.

Here are some basic tips when doing sit-ups or other abdominal exercises:

1. Like with running, progress gradually. Start with a sit-up that you can do comfortably 8-10 times. Work up slowly to more repetitions and more difficult positions.
2. Do bent-leg, no-help sit-ups. Bending your legs at the knees will protect your lower back from strain and allow you to curl-up with a rounded back instead of a rigid straight back. If you hook your feet under a couch or a friend's hands, you will primarily be strengthening your hip flexor muscles, rather than your abdominals, so avoid held-down sit-ups.
3. Exhale when you come up. Inhale when you roll down. Avoid feelings of strain.

The following abdominal exercises progress from easier to more difficult. Choose the one that makes you work without straining. Eventually you will be able to handle the more difficult ones.

1. Pelvic tilt: press the lower back into the floor, then relax it. This strengthens your lower back as well as your abdominal and seat muscles.



2. Sit-backs: use your hands to help you sit up. Then curl down slowly, holding back your stomach muscles. Be sure to roll down with your lower back contacting the floor first, upper back last. These can be advanced if you curl down very slowly.



3. Sit-ups: tuck your head in and press your lower back to the floor first. Then curl up. Begin by holding your hands in front of you. Then progress to holding them in front, tucking your arms against your body, and finally holding your hands behind your head, being careful not to jerk your neck.



Ellen Agger

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WOMENSPACE: running around the country

Club Forms in Montreal

March 8, 1980 - International Women's Day, Montreal. A fitting day to launch Quebec's first women's running club. A day-long clinic for women was organized by Gail Small and Olivia Fontaine of the YWCA Physical Education Department. A wide range of topics were covered from women's physiology and proper running equipment to training information for both the competitive and recreational runner. The audience of 250 women also came to hear Jacqueline Gareau, Quebec's (and Canada's) top marathoner, winner of the women's division of the 1980 Boston marathon. Also giving an introductory address and drawing many women to the clinic was Abby Hoffman of Toronto, four-time Olympic team member. Other speakers included Dr. Helene Cantlie who writes for Runner Canada Magazine, Medhi Jaouhan, Jacqueline Gareau's coach, Heather Lightfoot, Suzanne Denis and myself from TWR. The clinic which included several showings of the film "Born to Run" as well as outdoor and indoor group runs, was a tremendous success. This event showed that there is a strong need and interest for more opportunities for women runners and would-be runners to get together and learn more about developing their potential through running. This clinic followed the YWCA Runaway, held last June which attracted 1500 women to the 10 km. women's race and will be repeated this year. We'll be learning more from women in Montreal and other cities in Quebec as their clubs grow.

Ellen Agger

Social Run a Success

On Sunday, June 8th about 50 TWR members, their family and friends braved the cold and windy weather conditions to attend our Social Fun Run at Etienne Brule Park. Before the run, Ellen led us in a group stretch session to get us all limbered up (or as limbered up as we could get in the cold). The route, which follows the river most of the way, was very pretty with lots of changes in terrain, a boardwalk bridge, and sections through the woods. Afterwards, we were greeted by the welcome sight of lots of good food and refreshments. It was an enjoyable day for all, and we look forward to many more events like it.

Thanks to Beverley, Dawn, Iris and Lori for their help in making the day a success.

Pamela Hayes