

TORONTO WOMEN RUNNING

452 Grace St., Toronto, Ontario M6G 3A9, (416) 536-3687



winter 1981

a newsletter

Our Members Respond

Thank you to the 41 people who took the time and energy to respond to our lengthy questionnaire in the summer. We gathered much information about 27% of our club - from who we are to what we want from our running and from a women's running club.

Since so much information was gathered, we have decided to include in this newsletter only a small portion of the results. Following are some statistics about who we are and how we run, plus a few of the general comments about TWR. In succeeding

newsletters and/or interim mailings, we will share some of the ideas and comments we received to some of the more interesting questions. This, we hope, will respond to the need expressed by many for motivation and support, and for sharing information with other women runners.

Some suggestions were made for future events such as gearing them towards women with families or choosing consistent locations for group runs. If you would like to have specific input into the shape of club events, you're welcome to come to our next planning session, which will be held in February. For those who can't attend or are not interested in attending meetings, we will try to take into account your comments when planning events.

To encourage fuller participation at this meeting, it will follow a clinic on the topic of non-physical changes that women often experience through running - changes in relationships, self-image, self-confidence, and how we can use these changes to our benefit. Afterwards, we'll be talking about events/activities for the remaining winter months, our spring schedule, and the next newsletter. Everyone is welcome to come and share your ideas about the coming season - committees will be set up so you can get involved with the organizing from the beginning.

Since there were also many requests for more social events, we are planning another film afternoon (exercise, running, nutrition-related films) in January, followed by a get-together. (Details on the event are to be found in this newsletter).

See you all in January at the film/social - you'll be getting a flyer about the February clinic early in the new year.

Ellen Agger



Linda Lounsberry

Kris Cruikshank at the Big Sisters Run, Aurora, October 26.

Film & Social Afternoon

Sunday, January 11, 1981. From 2 to 5 pm.

732 Spadina Avenue, just south of Bloor, 2nd floor.

Free. Refreshments. Come meet other TWR members.

Toronto Women Running Member Profile

Number of years running:

less than 1	- 5 members
1	- 3 "
1½	- 8 "
2	- 8 "
3	- 8 "
4	- 2 "
5	- 4 "
10	- 2 "

Running frequency per week:

irregular	- 3 members
2-3 times	- 2 "
3-4	- 10 "
4-5	- 15 "
6	- 3 "
daily	- 6 "

Length of time per run:

under 30 minutes	- 11 members
30-50	- 11 "
over 50	- 7 "
varies a lot	- 10 "

Other physical activities members participate in:

Skiing, swimming, tennis, squash and fitness classes were the most popular. Most do one or more other activity 2-7 times a week, but nearly all considered running their major activity. One member commented: "I don't consider running a sport; I run to keep fit for other activities and to relieve stress".

On racing:

Most of those who answered had entered a race or run of some kind and would do so again. Some of those who had never raced said they would like to do so at some point in the future while others said they preferred running alone and/or are not competitive. Several comments mentioned drawbacks of crowded races or uninspiring, monotonous routes. Many like the challenge of competing with self.

Wide range of occupations:

Several members listed the following as their occupation: homemaker, public health nurse, high school teacher, student, secretary, fitness instructor. Other individual occupations included: chiropractor, health planner, payroll clerk, data processing manager, accountant, computer programmer, artist, musician, children's librarian, women's self-defence teacher, assistant research manager, to mention just a few!

Other comments on TWR:

"I am quite pleased with the effort that goes into the mailings and newsletter. While I did offer some criticism, I think the information I receive is of high quality. I think the organizers deserve credit for their hard work and persistence. At some other point in time I might like to get more involved in the group, but as I have explained earlier, this is not possible now. I get the feeling that this kind of attitude is seen as a rejection of the group. Of course it is not - running is not everyone's top priority".

"Too many women at a meeting on a constant basis is overbearing; would like to invite male runners occasionally".

"Newsletter has nice format; easy to read. Metro Toronto Road Runners Association does a review of each popular race, which is fun to read - if enough reviews in various newsletters, this will put pressure on organizers to do a better job for women's races (e.g., more washrooms, knowing finishing times)".

"Would like info on races where TWR members could go as a group; i.e., out of town - travelling together, group rate accommodation; feel it's important we do things as a group to promote the club".

"Hope it maintains a sense of supporting women's running on many levels and doesn't simply address what the individual can do to become more beautiful, successful, etc., through running".

"Newsletter enjoyable and helpful; there are difficult times when it gets me back on track".

"Fundamentally I feel that the idea of TWR is supportive of all women's actions to get back into shape, into the mainstream of life. That's what I like. Even if I don't go to committee meetings and social functions, I know if I go to a fun or group run, I'll be with women of all calibers. I won't be alone or the only one running so slowly; the idea of 'you've got a friend' is the best way of expressing my feelings towards TWR. Thank you!"

"Generally a good organization which fulfils a unique need. But an all-female club does not have to be anti-male or pro-feminist. Do not want to see club used as a soap box for strong views which are not relevant and pertinent to running. Would like to see some emphasis on all-round fitness for women of which a regular running program is one important aspect. Feel many of the group activities are geared to single women with no children, e.g., weekend outings".

The best time is NOW.

For a course in your workplace, at your library or community centre, or for your club, call SUSAN WORTMAN at 536-3948 or 968-1363.



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Master's Women Race Well

Question

What has 166 legs, weighs approximately 10,790 lbs. and can run 415 km in 33 hours 48 seconds?

Answer

Eighty-three women participating in Canadian Masters International Track Team's Second Annual Road Race for Women Masters, held September 27, 1980 at Sunnybrook Park.

I believe all of us who took part of Saturday's event will agree with me that we all had a great time. The weatherman was good to us; the sun was shining but it was not too warm. The breeze was light and the rain stayed away. The race started at 2 pm with a very good field of Master Women. One of America's top Women Masters made the trip from Grand Island to run in our race, but Toronto's Leith Drury-Piper came through and led Pat Bessel all the way, winning in a time of 18.43. Pat's time of 18.56 gave her top position in the 40-44 year age category. All competitors enjoyed free refreshments while being presented with their awards. The top three in each age division received C.M.I.T.T. Championship Medals, while all finishers were given a race certificate with their official time recorded.

Christine Walker, Race Director



Toronto Runners Clinic

213 St. Clair Avenue West tel. 960-0193

For recreational and elite runners.
Call for hours and appointment.

Musculoskeletal analysis

- Elaine Dembe, chiropractor

Biomechanical analysis of feet & knees

- Alan Lustig, podiatrist

Training programs

- Stuart Dolbel, training consultant

Also available by referral:

Fitness testing

- Leslie Michener, fitness consultant

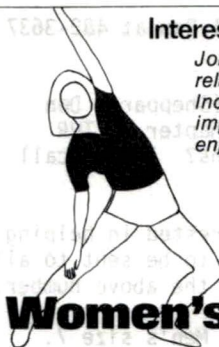
Nutrition counselling

- Kathleen Kerr, M.D.

Fee: \$20 for the first visit.

Interested in getting strong?

Join us for a total workout that will leave you relaxed yet energized for the rest of your day. Increase your endurance, build strength and improve your flexibility — in a supportive, enjoyable atmosphere.



- Evenings 5:30 - 6:30pm.
- Near the Christie subway
- Call for details of ongoing classes:
The Fitness Workshop II—536-3687
- Instructor: Ellen Agger

Women's Keep Fit Classes

WOMENSPACE: running around the country

Calgary: "We're Just Beginning"

On August 27, 1980 the Calgary Women's Running Club was born. Approximately 80 women of various ages and running experience turned out at the first meeting, which was preceded by a warm-up and fun run, leading from the YWCA around Prince's Island Park. Key people led small groups around routes of their choice of distance - 3, 5, 8 or 10 km.

A questionnaire was circulated so that all present could indicate their preference for times to get together, any particular needs or problems (e.g., child care), any previous running experience, any talents and skills to contribute to the organization, and any more ideas for the upcoming Clinic and for future events.

Membership fees will be \$20.00 per year, which includes a YWCA membership and all of the attendant privileges and facilities.

We welcome new and enthusiastic members. For information, call Kate Howard, Calgary YWCA (403) 263-1550 local 396.

Marg Blank

Newmarket Women Running

Add another new women's running club to your list. Some of us from TWR joined several women from NWR for the Big Sisters 10 km run in Aurora on Oct. 26. We followed the run with a brunch get-together to share our experiences of organizing TWR.

Since then, NWR has met, finalized their name and T-shirt crest and organized a Xmas party. Continuing events include weekly runs, which are attended by a core of 10-12. We'll eagerly await a spring report from this active club.

If you're interested in contacting Newmarket Women Running, call Mary Anne Coffey at (416) 895-7305.

Ellen Agger

TIDBITS

For Sunday group run schedule call Pam at 482-3637 or (wk.) 978-2163.

Is anyone in the North York area (Sheppard/ Don Mills) interested in starting a chapter of TWR that meets regularly for group runs? If so, call Jackie at 493-1451 (evenings).

Winter project: If you are interested in helping Pam prepare an information packet to be sent to all new(and old) members, call her at the above number.

For Sale: Tiger Montreal III's. Men's size 7. Worn 10 times only. Arch cookie removed. Too big for me. Paid \$45, sell for \$25. If interested, call Ellen at 536-3687, leave message.

Fall Racing Good for Members

The fall racing season has rapidly come to a halt as the crunch of dry maple leaves underfoot gives way to that slippery white carpet. And so we bravely don bright-coloured toques, gardener's gloves and layers of both underwear and outerwear. I take a moment to reflect past the final races of the season.

The Bonne Bell race was held on October 4, the day prior to the Labatt's Marathon. As women's races are important to the encouragement of women's running, I was disappointed to find this time conflict with the Toronto Marathon.

Several TWR members participated in both these races with noteworthy results. Christine Walker placed 4th in the Master's Division of the Bonne Bell with a time of 43:19. Sounds like a good time, doesn't it? In fact, however, Chris wasn't competing in the Bonne Bell. She was accompanying her 14 year old daughter, Caroline, who was participating in her very first race. That's some time for a novice. Congratulations, Caroline! (P.S. Christine's best time is about 2 minutes faster).

Del Simpkins also took part. She ranked 8th in the Master's with a time of 46:00, a P.B. for Del. An aside -- On speaking with Del, I learned that she established a running club in the Philippines on a trip home last April. This was a major step for women runners. Since women do not appear in public in shorts, the runs commence about 5 am. Women carry with them a wrap-around skirt which they can put on at dawn. Imagine those conditions. And still they run!

The Toronto Labatt's race in which I participated took place under practically ideal conditions. The route along the lakeshore proved to be a decided improvement over last year's route of the Don Valley Parkway and Leslie Street Spit from which spectators were prohibited. I recognized several TWR members on the roadsides who offered their encouragement. Had it been warmer, others may have been discernable amongst the throngs by sporting their TWR T-shirts.

TWR members fared well in the race. Kathleen Mackinnon placed 4th overall with a fantastic time of 3:15, first in the open women's division. We are all terribly proud of her. This consti-

452 Grace Street
Toronto, Ont. M6G 3A9

tutes a personal best for Kathleen, and incidentally qualifies her for Boston! I was thrilled with my own time of 3:34, a P.B., and marked improvement from last year's 3:59. Pam Hayes placed 9th in the open women's category with a time of 3:35. A relatively new runner was Carol Mitchell. Carol had never run more than 9 miles before the Avon race in Ottawa, just weeks before Labatt's. With very little training and only a couple of long runs, she finished the marathon in just over 4 hours. Definitely a runner to watch next season.

The last major race of the fall season was the Big Sisters Race held in Aurora on October 26. Kathleen Mackinnon was first woman with a time of 44 minutes. (It was said to be both windy and very hilly, thus everyone's times were slow). Ellen Agger was 2nd in the open women's division. Way to go, Ellen!

If I have overlooked anyone's exciting accomplishments, my apologies. Do let us know about any winter races in which you take part. And above all, keep those running shoes crunching along the white carpet.

Judith Arbus

Indoor Track & Pool Available

For those who prefer to run indoors in the winter, you can use the 1/8 mile track at the U of T Athletic Complex. It's at the corner of Spadina and Harbord, just south of Bloor. Free public hours are: Thursday, 8:30 - 9:30 pm and Sunday, noon - 4 pm.

Also available are the Universal Machine (for weight-lifting) and the Olympic size pool. Recreational swim hours are Sunday, noon - 4 pm. "Learn to Swim" classes are offered Thursday, 6:30-9:30pm.

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
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