

TORONTO WOMEN RUNNING NEWS BULLETIN -- Clinic, General Meeting and Fun Run a
Qualified SuccessM. Copeland

Monday 20th November TORONTO WOMEN RUNNING held its first ever clinic and general meeting. It was a cold night with little wind.

Elaine Dembe spoke to the question of a runner taking responsibility for her body. She is an active runner and chiropractor who has just run her first marathon. Using a skeleton of a human spine and pelvic area, Elaine emphasized the importance of preventative maintenance. Her advise was: go to a doctor to find out what your imperfections are then take the necessary daily precautions. Women running on a consistent basis must combine running with careful stretching and proper diet.

Margaret Copeland, a competitive marathoner, led a short discussion of running tips. These included: running relaxed even to the point of letting your arms wrists and hands flop, and running with fanny tucked in and pelvis tilted slightly up and back. The women present shared various of their own running tips as well.

The agenda of the general meeting was covered in short but efficient order by Ellen Agger. The Story So Far of the formation of Toronto Women Running was related.

Phoebe Jones of Cleveland Women Running, and co-ordinator of the up-coming Women's Running Conference, addressed our attention to the conference, to be held on May 4,5,6 in Cleveland, Ohio. Since the 30km Avon Women's Championships are occurring during the same week near Cleveland, there will be women runners of all descriptions. Casual joggers and women who run alot but don't race are especially welcomed. The conference will include workshops and speakers on such varied topics as Safety While Running, Women Marathoning, Nutrition, Running and Mental Health. All interested in this special event are invited to a meeting January 9th to more clearly flesh out the role of Toronto Women Running in the conference. All women runners are invited to this meeting, and we will also be discussing how we can use the conference to organize and promote women's running in Canada. One suggestion is that we run a workshop for women wanting to establish running groups in their own communities. Call Ellen for the time and place if you're interested.

Volunteers are also needed on random weekends to represent Toronto Women Running at various clinics or fun runs in or around Toronto. To help out, call Ellen. Other special events are encouraged. If you wish to suggest and/or help to organize such events as potluck jogs, fitness testing clinics, or guest speakers use the form below to let us know you are interested.

To help the weekly runs -- now on Saturdays at 9am -- go smoothly, we need 1 person each week to commit themselves to turning up. This "leader" will make sure we all stretch, welcome newcomers, and ensure that someone will be there each week so the rest of us will know we won't be the only ones to show up. The more of us that can share this, the fewer times we each need to commit ourselves -- so if you're interested, call Ellen and we'll arrange a timetable (it'll be flexible).

Kathleen MacKinnon, our lean and mean treasurer set us straight about our present financial position. There is less than \$200 in our account, which goes for the newsletter, and assorted small expenses at clinics, etc. Kathleen needs help several nights every few months to address envelopes. Financial wizards are asked to get in touch concerning any money-making schemes they would like to share with Toronto Women Running to help us keep afloat and better informed about running.

The new t-shirts are finally available. They are white with red trim and logo and cost \$4 plus .50 mailing. Order yours now.

Anyone interested in working on the newsletter can contact Ellen. Graphics and black and white photos are urgently needed. Also articles, ideas, printers, etc. The next deadline is January 15.

Sunday, Grey Cup Day unfortunately, was a gorgeous, sunny day to hold our Fun Run. 12 runners and assorted families and friends came. Energy was high, many people ran further than they ever had before, and felt great afterwards. It gave several of us a chance to meet other women in the group who we could run with at other times. The next Fun Run will be held in warmer weather in the spring, and we'll check the calendar for conflicting events next time!

-----Ellen Agger 924-2851-----Kathleen MacKinnon 921-8459-----

Name.....	☐	Special events - on call
Address.....	☐	Clinic committee
Phone.....	☐	Newsletter committee
	☐	Financial committee

I am also interested in
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