



LIONS GATER

Lions Gate Road Runners

www.lgrr.com FALL 2002

Running Room
James Cunningham Seawall Race
 Sunday - October 27 - 2002 - Vancouver - BC

SUN RUN SERIES RACE #10
www.sunrun.com

WEBSITE:
seawall.sierrasystems.com


START / FINISH:
 9:30 am Second Beach Stanley Park, Vancouver, BC

COURSE:
 5.9M(9.5K)run around Stanley Park Seawall

REGISTER IN PERSON:
 Running Room Stores in the Lower Mainland

ONLINE REGISTRATION:
www.runningroom.com

QUESTIONS?
 Roger (604) 263-2814 (evenings)



SAUCONY HIND **Sierra** **Global** **Power Bar**
 Delaney's COFFEE HOUSE ADDISON INSURANCE Gatorade CANADIAN SPRINGS

Ad that appeared in the Vancouver Sun

2002 CUNNINGHAM SEAWALL RACE

Frank Stebner

Plans are well underway for this year's James Cunningham Seawall Race. Due to the construction of the new pedestrian underpass at Georgia, the first mile of the race will actually be different than previous years. The Runners will still start at Second Beach but will head **west** on Park Drive from Second Beach and then head north on Lagoon Drive to the vehicular underpass at Georgia. The race then heads up Pipeline Road to the Rose Gardens where runners will turn right near the Stanley Park Pavilion and then backtrack on the pedestrian overpass over Park Drive and then back onto the seawall at the rowing club. Blair Miller will be measuring the course with a course measurer to maintain the 5.9 mile distance.

We will be offering Hind Running tights this year to those runners that register by October 1st. There are approximately 150 people that have ordered these running tights and many have also ordered the t-shirt.

Most club members have already indicated that they will volunteer on race day and will be contacted to confirm their duties on race day. Anyone that has not confirmed so far please contact Mark Williams at (604) 734-3188. Instead of a t-shirt club volunteers can get a pair of LGRR club running tights for \$10. Approximately 25 LGRR's have ordered these club tights so far.

Ads for the race have appeared in the Vancouver Sun on October 7th, 10th and 14th. Global TV (channel 11) has also been promoting the race on their "OUT THERE" segment from September 29 to October 5 and will also appear on Global TV from October 20 to 26.

The race has also been listed in the race calendar of the October issue of Runners World Magazine. This was the George Bush issue and may be the biggest selling issue of Runners World ever and may overtake the 'Oprah' issue.

Check out the Cunningham Race website at: seawall.sierrasystems.com

NEXT LGRR MEETING

Wednesday October 30, 7:00 pm
Boston Pizza, Metrotown.
104-4680 Kingsway, Burnaby, BC
Agenda:
Cunningham Seawall Race
Haney to Harrison Relay
(race packages will be available)
Christmas Party Menu

WELCOME TO NEW LGRR MEMBERS

JANET ANDERSON

Janet is the full time event manager of the Vancouver Marathon and with our help is keen to promote Lions Gate as the founding club of the marathon. Janet also has her own event management company.

PAUL FENZ

Paul is Hans Fenz's son and has participated in several club run's. See Paul run in the H2H Relay.

JAMIE MCSKIMMING

Jamie is a returning club member who lives in Whistler. Jamie last ran with Lions Gate in 2000 when he was part of the Gold medal Masters team at the Victoria Marathon and a member of the Silver medal 40+ men's team at H2H.

TAWNA MORGAN

Tawna is a new recruit for the women's H2H team. Meet Tawna at the dinner following the H2H relay at Harrison Hot Springs.

GUNNER RASMUSSEN

Gunnar is another out of town member who lives in 108 Mile House where he owns a Ski & Cycle shop. Gunnar's races mostly in the BC Interior.

MARTHA SIRDEVAN

Martha is a physiotherapist who works out of City Sports & Physiotherapy in downtown Vancouver. Martha has treated Lions Gaters: Rene McKibbin, Frank Stebner and Cheryl Steele . Martha has run 3 half marathons this year and will run stage 1 of the H2H relay and also hopes to run the Honolulu Marathon in December.

LGRR CLUB WORKOUTS

Tuesdays @ 6:00 pm Stanley Park- Brockton Oval, contact Willi Ribi.
Wednesdays @ 6:45 Mercer Stadium, New Westminster. Contact Murray Stevens.
Thursdays @ 6:00 pm Eric Hamber School Track- Oak & 33rd Vancouver. The workout actually starts on the track at 6:00 pm. Individual warm-ups prior to 6:00pm. Contact Roger Brownsey.

2002 LGRR CHRISTMAS PARTY

Saturday December 14 , 8:30pm
Macaroni Grill, 1523 Davie Street Vancouver

This year's Lions Gate Christmas Party will be held at Romano's Macaroni Grill on Saturday, December 14. The Macaroni Grill is located at the old Hy's Mansion at 1523 Davie Street in the West End. The cost is \$25 per person plus drinks. The time and location was determined by an email vote by club members that have email. The Macaroni Grill was the overwhelming choice (80%) over the Sylvia Hotel, although the dates were all over the place. Due to availability we chose December 14. Plans are to meet at 8:00pm for drinks and 8:30pm for dinner. Cocktails will be available in the small main floor lounge at 8:00 pm or sooner and the dinner will be served in the 'Paesano' Room upstairs at 8:30pm to closing. The Paesano Room is a private room that seats 50 people maximum at five big round tables.

The five course dinner will be served family style on platters with two choices available for each course, plus a grilled vegetable platter. Except for dessert, diners can sample a bit of both selections of each course or just pick one. The choices will be narrowed down to two at the next club meeting on October 23. The menu is located at the back of the newsletter. Circle your selections and return the menu to Frank Stebner at the club meeting on October 23rd, You can also mail it to Frank if you like. Keep in mind that we do have to accommodate vegetarians in the club. Contact Frank at (604) 687-0932 or email him at fstebner@aol.com if you plan on attending.

LGRR CLUB STRIP

LGRR RUNNING TIGHTS:

Club running tights will be available for \$10 if you help out at the Cunningham Seawall race. The price is \$20 if you cannot help out at the race. Approximately 25 Lions Gaters have ordered running tights so far. Call Frank at (604) 687-0932 if you want to order the running tights.

LGRR JACKETS are still available. Please call Frank Stebner at (604) 687-0932. Currently we have four large jackets and one XL jacket left. Cost per jacket is \$65.00. We may need to order more jackets next year (min 36).

LGRR SINGLETS: If anybody needs a club singlet call Bob Gardner at (604) 985-8848

WEBSITE: www.lgrr.com

Check out the Lions Gate website and get involved in the discussion page. Jim Swadling has done an excellent job of this website, which can only get better. This newsletter and race results (edited) will be available as pdf files that anyone can download.

HANEY TO HARRISON RELAY 2002



Saturday November 2, 2002

Six teams will represent Lions Gate at this year's OH2H Relay. LGRR teams to compete are:

Open Men	Geoffrey Buttner Captain
Open Women	Rene McKibbin Captain
Men's 40+ A	John Moe Captain
Men's 40+ B	Frank Stebner Captain
Men's 50+ A	Phil Bell Captain
Men's 50+ B	Bill Wirtanen Captain

If anyone is still interested please contact one of the above captains. Spares or alternates are always needed.

Lions Gate has booked two rooms at the Harrison Hotel, a hospitality suite with an adjoining bedroom and shower. This is where Lions Gaters can meet after the relay to eat, drink and share relay stories. (BYOB) Food will be provided by Lions Gate.

Team members can shower in the adjoining bedroom unit, but you must bring your own towel. Anyone that wants to stay overnight can stay in one of these rooms. \$20 to share a double bed (includes towel), & \$10 to sleep on the floor, (bring your own towel, pillow and bedding).

We have also booked a table for 25 people at the Lakeside Café in the Harrison Hotel for 5:30 pm. The dinner is a buffet (\$21.95 per person). Please pay the server in the restaurant. The buffet gets better every year. Awards and dance afterwards are in the banquet room below and start at 8:00pm. If you want to attend the dinner or stay in one of the rooms overnight please contact Frank Stebner at (604) 687-0932.

If the team captains can act quickly and get their race plan and waivers signed, race packages will be available for pick-up on Wednesday October 23 at the Running Room on Denman St. in the West End. The LGRR club meeting is on Oct 30 at 7:00pm the following week.

Team Captains. If you want Frank Stebner to pick up your race packages please arrange to get the team race plan and waivers to him before October 23.

Check out the H2H website www.bcathletics.org

A waiver is attached in this newsletter that can be forwarded to your race captain along with your \$15 or \$18 if you are not a BCA member.

VICTORIA MARATHON Oct 13, 2002

Lions Gater Joan McGrath ran a fantastic 2:48:25 in Victoria finishing 2nd behind the female winner Krystyna Pieczulis of Olsztyn (2:47:11). Joan's time was only 7 seconds slower than her Vancouver Marathon time. (consistent)

JIM WOODHOUSE MARATHON TROPHY 2002 STANDINGS TO DATE (NEW BOSTON QUALIFYING STANDARDS)

The winner of the trophy for 2002 will be a Lions Gate Road Runner athlete who runs the greatest number of marathons between December 1, 2001 and November 30, 2002. The qualification standard (STD) must be met for the 2003 Boston Marathon and the marathon must be certified and sanctioned by a governing body that is a member of the International Amateur Athletics Federation. If there is a tie in terms of the number of marathons completed between Dec. 1/2001 and Nov. 30/2002, the winner is the one whose cumulative time is under his qualifying time by the greatest margin. In the case of new members, it should be noted that only their performances made subsequent to joining Lions Gate Road Runners will count.

Mark Shorter- (Leader)	2:57:46 (3:30 STD) Honolulu- Dec. 2001
	2:56:01 :(3:30 STD) Napa Valley -Mar. 2002
	2:51:57 (3:30 STD) Vancouver- May 2002
Neil Wakelin-	3:30:01 (3:35 STD) Vancouver- May 2002
	3:25:29 (3:35STD) Vanc.Island.-June 2002
	3:29:56 (3:35STD) Kelowna - Oct . 2002
Joan McGrath-	2:48:25 (3:50 STD) Victoria - Oct 2002
Cory Cullen-	3:31:34 (3:50 STD) Victoria - Oct 2002

NEW 2003 BOSTON QUALIFYING STANDARDS

Age Group	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:30	4:00
50-54	3:35	4:05
55-59	3:45	4:15
60-64	4:00	4:30
65-69	4:15	4:45
70-74	4:30	5:00
75-79	4:45	5:15
80+	5:00	5:30

LGRR & THE VANCOUVER MARATHON

As most of you know Lions Gate originated the Vancouver Marathon in 1970 when marathoners ran 5 laps around Stanley Park Seawall. Although it is out of our hands now, there is still a Lions Gate Trophy that is awarded each year to the fastest first time marathoner at the Vancouver Marathon.

New LGRR member **Janet Anderson** is the event manager (unofficial race director) of the marathon. Although she answers to a Board of Directors, Janet basically runs the day to day operations of the Vancouver Marathon, which is now the largest marathon in Canada.

For the last two years Lions Gater **Russell Stephens** has been creating the souvenir Marathon CD that the runners get with their race entry. Marty Wanless has also been involved for years with race promotion, marathon expo, as well as driving the lead vehicle. Last year **Geoffrey Buttner** and **Frank Stebner** had race day roles with the marathon as well. As of this month Geoffrey is now the Start/finish director and Frank has become Course director of the Vancouver Marathon. Lions Gater **John Moe** is also involved in helping to organise the kids 'Marafun' event on race day. Next year Roger Brownsey may be presenting the Lions Gate Trophy to the fastest first time marathoner in 2003. It appears that Lions Gate is maintaining a strong connection to the Vancouver Marathon.

We are also trying to gather as much information as possible about the early years when Lions Gate organized the marathon. Bill Wirtanen has some race results and brochures from the early years but there is still much information missing. Are there any Lions Gaters or former Lions Gaters out there that may have full race results and photos of the early years 1970 to 1980? I assume Ed MacDonald probably has some as well. Please contact Frank Stebner if you have any information.

GUNNER SHAW CROSS COUNTRY

Victoria and Vancouver

Currently there are two Gunner Shaw Cross Country events that are held one week apart in late November and early December. Gunner Shaw was a former Lions Gater and Prairie Inn Harrier who died in his late 30's. Both clubs organise a cross-country event each year, which is held in his memory.

Last year Lions Gate went to Victoria to renew a competitive rivalry between the two clubs. If anyone is interested in going to Victoria on November 30, please contact Roger Brownsey. Last year we had big presence and would like to have an even bigger presence this year.

We are trying to get the Prairie Inn Harriers to return the following week to participate in our own Gunner Shaw Race at Jericho Park. Roger Brownsey also needs Lions Gaters to help out at our Gunner Shaw event on December 07. Please set aside that day to help out with our event and/or run the race.

LIONS GATE CALENDAR 2002

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|---------|---|
| Oct. 27 | James Cunningham Seawall Race, Stanley Park. |
| Oct. 30 | LGRR Club meeting 7:00pm
Boston Pizza Metrotown
Burnaby. |
| Nov. 02 | Haney to Harrison Relay |
| Nov. 11 | Remembrance Day Masters 8K
Cross country, Brockton Oval |
| Nov. 30 | Gunner Shaw Victoria
Cross-country event
(Prairie Inn Harriers) |
| Dec. 07 | Gunner Shaw Vancouver
Cross-country
Jericho Sailing Centre |
| Dec. 14 | LGRR Christmas Party
Macaroni Grill 8:00 pm |



LGRR

Lions Gate Logo to appear on club Running tights

LGRR NEWSLETTER WINTER 2003

The next newsletter will be sent out in January, 2003. If anyone has anything to contribute to the newsletter please contact Frank Stebner at fstebner@aol.com (604-687-0932)