



Lions Gate

Lions Gate Road Runners - www.lgrr.com

Winter 2004-2005 Edition

2005 LIONS GATE CLUB EXECUTIVE

President: Roger Brownsey
Vice President: Phil Bell (New)
Treasurer: Geoffrey Buttner
Registrar: Han Fenz (New)
Secretary: Ed Macdonald (34th year)

Open Men's Rep: Mark Williams
Women's Rep: Rene McKibbin
Master's Rep: Frank Stebner (New)

LGRR Club website - Jim Swadling
LGRR Club Newsletter- Frank Stebner

Thanks to Jim Swadling (former club registrar and Jim Sinclair (past vice president) for their great efforts over the last several years. Your efforts are greatly appreciated by the club membership.

DUEL IN THE SUN (THE SEQUEL)

Running With A Legend At The Royal Victoria Marathon
by John Moe

A day before the October 10th 25th Anniversary Royal Victoria Marathon I sat spellbound at the race expo, listening to the keynote speaker, Dick Beardsley. I had read with fascination his *Duel in the Sun*, with the immortal Alberto Salazar at the 1982 Boston Marathon. As many will know Salazar prevailed by one second in the closest Boston Marathon in history. Beardsley was an inspiration and when he finished speaking the room rose as one in a standing ovation. Among his major career highlights would be winning the London Marathon, Grandmas Marathon in Duluth twice (where he is the race record holder) and Napa Valley (where he is also the race record holder). He was a two-time U.S. Olympian and 2:08 marathoner who had achieved legendary status and here he was in Victoria, Canada, speaking to an appreciative crowd and preparing to run yet another marathon.

I was about to leave the convention center and head back to the Chateau Victoria Hotel when I spotted Beardsley exiting the auditorium. 'Just say hello' and introduce myself, I thought while privately cursing the fact that I didn't have the camera with me as I did in Boston when marathon legend Bill Rogers happened to walk by. Beardsley's smile was warm and genuine and within seconds I felt like I was talking to an old friend. . . . and he promised to pose for a photo at the awards ceremony. Feeling very pumped, I thanked him for his time and he asked me what I hoped to run on Sunday. This had been the toughest question in my mind for weeks. I had done several personal bests at certain training runs,



Dick Beardsley being passed by John Moe at the finish line.

yet I was 11 pounds over my P.B. weight at Boston. Still I felt prepared to run my best and said, "I'm hoping to run sub 2:45." He had a big grin and replied, "That's right around what I'm aiming for so we might be seeing a lot of each other tomorrow." I smiled and I didn't think that I'd see him during the race.

That night I enjoyed the final carbo load at the Old Spaghetti Factory with my wife, Nancy and turned my attention to the soothing jet streams of the hotel hot tub. I began thinking my way to the start line and trying to imagine a good race yet I was wired with anticipation and couldn't get to sleep until after 1 A.M.

The computerized wakeup call had me on my feet at exactly 6:00 a.m. I had experienced the feeling of an "empty tank" during a morning long run and I had also experienced what it was like to run two hours or so after a large breakfast. It was an amazing difference! So my fuel would be pancakes, Vector Bar and a banana and then I promptly fell back asleep for 90 minutes.

At the Start area behind the parliament buildings I could feel the energy and excitement from the runners and the many who showed up to support them. When Race Director, Rob Reid introduced the race favourites the competitive juices began to flow. As it turned out the day would belong to Victoria's own Bruce Deacon, with former champion Colin Dignum and a favoured Mexican eventually dropping out of the race. Finally the countdown began and we were underway. After months of training, worrying, fretting and planning the race was finally ON!

Although I set out to run the first 5K in approximately 19 and one half minutes it was impossible to know how fast (or slow) I was going until the first marker was in sight. The pace seemed slow but then I saw the one mile marker and the time was 5:42. I backed off immediately and when the 5K marker came into view I was at 19:00 even and almost back on track. We were just entering Beacon Hill Park at the six km mark when a slim man in all black eased alongside me. It was Dick Beardsley and he was

running effortlessly. I nodded hello to him and told him that it was a privilege to be running with him. Ever the gracious gentleman, he smiled and wished me a great run. The pace seemed perfect. We were running just about 6:15 per mile, I was relaxed and having another chat with Dick Beardsley, this time during the marathon! We were together through 10 kms, through 15 kms and through 10 miles. That's when it happened. I didn't want to believe it but my right hamstring was tightening up and really starting to hurt. Within a half mile it was all I could think about. Beardsley then offered advice that I took to heart. He suggested that the pain could fade away on its own and even stretching during the race can help. I dropped off the pace at that point and watched helplessly as he became a distant figure up ahead. I stopped for 30 seconds and tried to touch my toes, stretching it out as best I could. I had just started running again when former Victoria Marathon champion Kevin Titus pulled alongside on his bike. He suggested that if the pain gets worse I might consider dropping out in order to prevent a serious injury. He rode off and a mile later the pain seemed to disappear. It was like the running gods had a change of heart for me. I picked up the pace and soon joined a pack of seven runners that included the strong running Beardsley. It was a relief to be running well and I just blurted out, "Dick, I'm back!"

He smiled and said, "John, how's the hamstring doing?" I offered an affirmative comment and tried to think positive. I occasionally fell off the pace at Gatorade stations but it was better to stop and drink it all down than to try drinking on the run (and usually end up wearing most of it). At mile 17 two young guys made a move out of the pack and Dick went with them. They were running six-minute miles and I decided it was too early to try that. I let them go and stayed on pace. At the 37 km marker I tried to pick up the pace and hold it until the end.

I moved past five people after that, including three inside one mile to go. This part of the race was exhilarating. With three turns to go I could see Beardsley 200 meters ahead and running strong. As he cornered he glanced over to see how much room he had and would have seen a yellow singlet and behind that a red one. At the last turn his glance was on my Lions Gate orange and white. Finally the finish was in view. The fencing made for a wide straightaway with thousands of cheering spectators bringing the runners home. I could hear race announcer Steve King inform the crowd that the great Dick Beardsley was approaching the finish. But then he saw me at full throttle closing the gap with 120 meters to go. I felt myself explode past Dick and during that moment with the crowd noise reaching a crescendo I wondered if this is what it felt like for Salazar. And I knew that Beardsley would be happy for me. After all of his accomplishments and all he'd been through and still running hard at 48, this great champion had nothing to prove to anybody. Finally I saw the clock. I hit the line with a new P.B. of 2:44:28 and 7th place overall. Dick finished in 2:44:30 to finish 8th overall and first in the men's 45-49 age group. King's professional call added to a very exciting finish. In the afterglow and with my hamstring screaming its revenge I recalled a good friend once saying, "The marathon is a beast," and as with any beast this one had consumed its share of victims. I don't know if there will be anymore P.B.'s in my future. I hope so. But I do know that it doesn't get any better than this.

Later on at the awards ceremony it was a special feeling when Dick Beardsley himself presented me with my award for being first in the men's 50-54 age group. And I have some great photos of Dick and me to prove it!

2004 ING CUNNINGHAM SEAWALL RACE

Frank Stebner



Yoeri Geerits (our ING rep finishing the Cunningham Race)

Held on October 31, 2004 the 34th edition of the ING Cunningham Seawall Race was a tremendous success. Held on Halloween we had over 1500 registered participants many of which dressed up in costume.

With Roger Brownsey at the helm, the Cunningham Seawall Race committee which included Steve Emmerson, Geoffrey Buttner, Carlos Gaspar, Rene McKibbin, Mark Williams, Phil Bell and myself put on a great event. Even Steve King (our renowned announcer) was heard to say that this was one of the best organized events that he ever attended. Thanks to all other Lions Gaters who helped out with the event as well. It was the best ever!

With ING coming on board as a title sponsor, LGRR was able to insure that in the event of rain we would be able to provide more shelter than ever before. We did rent a 40 foot x 60 foot tent which would have come in handy in the event of rain. As it turned out there was a severe weather storm the night before which almost blew the tents away, but by the time we arrived to set up on race day, the skies had cleared and we had the best weather that we could have asked for with clear blue skies and mild temperatures.

ING has been sponsoring running events worldwide for several years now including the famous ING New York City Marathon. ING was very interested in sponsoring an event in BC. The Vancouver Marathon was one option but the contracts with existing Vancouver Marathon sponsors prevented that from happening. The Vancouver Marathon's loss was LGRR's gain.

ING has been very generous as title sponsor coming on board with a very generous cash donation, providing custom bib numbers, supplying 200 volunteer shirts, custom race bags, start banner and two other large banners. They also provided ING Thunderstix and custom water bottles with our race name on the labels, as well as 30-35 ING volunteers and over 70 ING runners & walkers who participated in our event.

As a result of ING's generous sponsorship LGRR was able to make a \$10,000 contribution to the 'KIDS LIVING WITH CANCER'

at BC Children's Hospital as well as offer additional cash prize money to the first three male and female finishers.

Overall race winners for 2004 were Brent Corbitt and Leah Pells. 24 year old Brent Corbitt of Coquitlam, BC edged out Steve Osaduk of Nanaimo with the same time of 29:37. Close behind in third place was 23 year old David Njuguna Wambui of Kenya finishing in a time of 29:50.

Former Olympian Leah Pells of Coquitlam, BC finished 9th overall to win the Women's title in a time of 32:30. Following in 2nd place was Margaret Butler of Vancouver with a time of 33:08 and Nancy Tinari of Coquitlam finishing third in a time of 33:37. Tinari was also first masters woman to finish the race, which moved her to 3rd spot in the final Canada Running Series Masters standings and fourth in the Open Elite standings, good for a total of \$1000 in CRS prize money. Pells finished 6th in the Open Elite standings.

In 2005 the ING Cunningham Seawall Race will be held on Sunday October 30.



LGRR LADIES RUN – 15 January 2005

René McKibbin

On a chilly Saturday morning five of us (Cheryl, Christine, Lara, Christina and I) gathered at my house to embark on a ladies club run (There were a few more ladies that unfortunately couldn't make it due to other responsibilities but we will do this again). Bundled up in jackets, gloves, toques and tights we jumped into the Explorer and with heat full on, we drove to the dyke at Boundary Bay. Driving there I noticed the thermometer of the truck read -4°C, but I decided not to mention it to the rest of the crowd, it might just change a few minds.

On our arrival, we opened the doors of the truck and immediately a few comments were made that maybe we should rather go back and enjoy the hot coffee and treats at home. But being runners, we knew we would feel way too guilty to give in to temptation and we knew we had to do something to deserve the cheesecake and cookies. So, a little reluctantly we peeled off a few layers and off we went.

We were greeted by a gorgeous morning, with the snow capped North Shore Mountains to our north, towering Mt. Baker to the east and the huge Pacific Ocean stretch out to the south. We set off into a freezing wind and after a while our ears, noses and fingers turned red and ice cold. But not cold or wind can stop a bunch of ladies from having fun and prevent them from talking. The

conversations drifted from our running plans for 2005 to what's up at work, plans for the upcoming H2H and off course our favourite topic, our dogs! Every so often I would interrupt the chitter chat with a bit of tour guiding pointing out a few land marks or some interesting birds. What a privilege to run at a place where every second electrical pole is rounded off with a Bald Eagle or two and Northern harriers soaring over the tall grass looking for an unfortunate small mammal to scoop up for breakfast. Little brown spots on the ocean represent thousands of ducks and clouds of shorebirds mesmerized us with their highly synchronized movements on the horizon.

Before we knew it we were at the turn around and on our way back. With the breeze now whispering over our backs, we all soon warmed up and realized that we actually still have ears, noses and fingers. After only a few hundred meters, the gloves and toques started coming off and we were like horses smelling the stable (or should I rather say smelling the coffee). In no time we were back at the truck and the 11km passed in a flash. After a few half hearted stretching attempts, we decided to head home.

After a nice shower we enjoyed the coffee, tea, delicious home made cheesecake, cookies, muffins and croissants. I am not sure whether we didn't perhaps put more back than what we used, but who cares, tomorrow's run will make up for that. Poor Owain felt a little overwhelmed with a house full of ladies but did a great job in providing tea and coffee and for that he was invited to join the all exclusive ladies circle and have some of our goodies. After some more chatting we realized that the morning was already gone and slowly the crowd dispatched to do their Saturday tasks.

What a great way to start the year and we are looking forward to a few more of these ladies runs. (Sorry guys, it is not that we don't want to run with you, but it is a woman thing, we need some bonding time!)

UPDATE ON BC ATHLETICS, LIONS GATE AND THE ADIDAS VANCOUVER INT'L MARATHON.

Frank Stebner Editorial

As most Club members know I am involved in the organization of several road races including the Shaughnessy 8K, the Cunningham Seawall Race, the Post to Post Canada Day 10K and the Adidas Vancouver International Marathon. (AVIM). All events have been sanctioned by BC Athletics for the past 5 to 34 years. I am also involved at BC Athletics as a member of both the masters committee and BC Road Running committee. This is all volunteer work on my part.

BC Athletics is an organization in BC representing the IAAF and Athletics Canada and is an organization that should have the support of the general public as well as Lions Gate Road Runners. It is not without its problems as far as road running is concerned and this is what I am addressing in this article. BCA sanctioning procedures within BCA and Athletics Canada are inconsistent, and in many cases unfair to the many sanctioned events that support BC Athletics.

Sanctioning basically implies that the IAAF (International Amateur Athletics Federation) puts its stamp of approval on an event to recognize that it is accurate, safe and technically well organized so that athletic performances can be officially recognized. The event also has to have adequate insurance, but in most provinces it is not mandatory that the event has to obtain insurance from their

local sports governing body, as it is in BC. Most provinces and other countries do not even collect a Day of Event membership as is required.

For 34 years LGRR has been paying BCA a generous remittance fee for Day of Event BCA members at our events. It used to be \$1 per runner, but in the mid 1990's it was raised to \$2 per runner for most events. My understanding was that that BCA's actual insurance costs must have gone up considerably to justify this significant increase of \$1 per runner.

Lions Gate has been getting events sanctioned by BCA for years with the assumption that what we were paying to BCA was only a small percentage more than what BCA's actual costs were.

Currently BCA requires that for most races, the event must pay \$2 to BCA for each Day of event member. For 2005 BCA's actual costs for sanctioning an event is only 14 cents per runner, (10 cents in 2003). BCA will be making a profit of \$1.86 from each DOE member. In many cases BCA is making more of a profit from an event than the event organizers themselves, who do 99% of all the work. This has happened with Lions Gate events several times over the years, but we did not realize this was the case until just recently.

The bottom line is that BCA is using its power to sanction an event to fundraise. The BCA membership for the most part has been unaware of this. The \$2 remittance fee includes a significant hidden mandatory financial contribution to BCA. BCA is basically saying, "Either the event pays what BCA asks for or BCA will not sanction the event." Two major events have refused to pay this high fee, and BCA has actually reduced the remittance fee requirement significantly from \$1.50 per runner to approximately 10 cents per runner plus 'inkind payments' in lieu of cash. In at least one case this does not even cover BCA's actual insurance costs and the BCA membership actually has to subsidize the insurance costs of this major event. This is totally unfair to the other sanctioned events that must pay the full fee as per the BCA fee sharing schedule. These deals were never really made known to the BCA membership.

For the 2004 ING Cunningham Seawall Race, LGRR paid BCA approx. \$2500 to BCA for Day of event members. Actual costs to BCA was approximately \$180 for insurance costs. This represents a \$2200+/- profit for BCA. Less than two weeks after the Cunningham Race in 2004, BCA was informing LGRR that our remittance fees to BCA were still outstanding. BCA did very little to promote our event and given that it is the 5th biggest sanctioned event in BC, BCA did not even show up at our event to support LGRR or to promote its other sanctioned events.

When I became course director with the Vancouver Marathon (AVIM) in 2003 I discovered that what BCA was charging for sanctioning seemed excessive given what BCA gives back to the event. This is what led me to look in detail how the sanctioning process works within BCA. In 2003, we did manage to keep the Vancouver Marathon (AVIM) sanctioned on a one year trial basis.

Given that BCA has made significant deals with two major running events, AVIM made an offer to BCA in Jan 2004 of \$1 per runner for remittance fees. This would have seen \$13,000 going to BCA, yet BCA rejected this offer and informed AVIM that they needed to pay over \$21,000 to BCA for all related sanctioning fees. (based on the proposed BCA fee sharing formula at that time). As actual costs to BCA would have been less than \$2000, this represented a profit of over \$19,000 for BC Athletics. Every member of the AVIM Board is a volunteer putting in many many hours of volunteer work.

AVIM is a non-profit society just like BCA and LGRR and it astounded me that BCA could ask for this much money from another non-profit society and give so little back in return. In 2004 the BCA Calendar of events was not even distributed to the BCA membership until after the marathon was over. This is supposed to be one of the benefits of getting sanctioned.

These actions of BC Athletics resulted in the AVIM Board of Directors choosing not to get the Vancouver Marathon sanctioned by BCA. (Note: The Victoria International Marathon and the ING New York City Marathon have also refused to get sanctioned for similar reasons).

Two weeks before the 2004 Vancouver marathon BCA approached AVIM with another offer that was considerably cheaper but still would have seen over \$14,000 going to BCA with some prize benefits to AVIM as well. As it was too late to even consider sanctioning, AVIM had to turn down BCA's sanctioning offer for 2004. AVIM had already acquired private insurance and could not afford to pay BCA another \$14,000.

When AVIM refused BCA's offer in mid-April BCA immediately sent a letter to the Association of International Marathons (AIMS) to discredit the event, asking that Vancouver Marathon be removed from its list of recognized events.

At that time BCA did not make a request to remove any other non-sanctioned AIMS events in BC. The ultimatum that BCA gave to AIMS was clear. Either remove Vancouver Marathon from AIMS or force them to get sanctioned by BCA as is required by the AIMS policies and procedures.

BCA also posted a notice on the BCA website stating that AVIM was not sanctioned and that results from the 2004 Vancouver Marathon may not be officially recognized, (even though the marathon course is certified and recognized by Run Canada, Athletics Canada, AIMS and the IAAF).

The Vancouver Marathon did go ahead and was a tremendous success. Results have also been recognized by BC Athletics.

I personally did not find out about BCA's letter to AIMS until after the marathon. My first reaction to BCA's actions was that "People who live in glass houses should not throw stones". BCA has not been enforcing many of its own policies and procedures and yet was accusing AIMS of doing the same thing.

I personally sent an email to BCA staff and asking why BCA would actively promote non-sanctioned events to its membership in the BCA Calendar of events and then threaten not to recognize the efforts of its BCA members who run these events?

At the recent BCA AGM in January which was also attended by Roger Brownsey and Geoffrey Buttner, I described the chain of events that led to BCA sending this letter to AIMS trying to discredit AVIM. I then asked the BCA Board and staff, what the intent was when BCA sent this letter to AIMS? After a long silence, the president & CEO of BCA finally commented and said that he was only doing what the BCA board of directors told him to do.

I then asked if AIMS had responded to the letter. The chair of the BCA Board responded and said that AIMS/IAAF basically told both BC Athletics and Athletics Canada to "get its own house in order" and clean up its sanctioning policies and procedures in BC and across Canada. BCA admitted at the AGM that our sanctioning procedures do indeed need to be cleaned up.

In November 2004, Athletics Canada sent out a national survey to all provincial sports governing bodies to review sanctioning procedures.

As both Geoffrey Buttner and I are on the BC Athletics Road Running committee and on a sub-committee to review sanctioning procedures, BCA staff did not even inform our committee about the survey until I heard about the survey from an outside source. I emailed Athletics Canada and they instructed BCA staff to forward the survey to our committee. As the deadline for submitting the survey had already passed we had to struggle to find time to comment on the survey. As it turned out BCA staff ended up filling in the survey. I had to ask to get a copy of it after it was submitted to Athletics Canada. Having received an electronic copy I reviewed it and found that many of the answers and comments were incorrect based on what I knew. I questioned BCA staff on this and they said that all answers were correct and then asked me what reason I had to question their answers.

BCA did not even double check to see if I was correct or not. As BCA was not willing to verify my concerns, I responded to the survey on my own and sent my own comments to Athletics Canada saying that BCA responses in the survey were more of a wish list than a reality list. I gave them my own comments which I felt more clearly reflected the reality of sanctioning procedures in BC.

At the recent BCA AGM, I did discover that BCA had indeed given incorrect information to Athletics Canada. Many of the answers in the survey were obviously incorrect based on what was reported at the AGM.

Athletics Canada will soon be seeking comments from race organizers of sanctioned, not sanctioned or previously sanctioned events across Canada. I hope to attend a national conference on sanctioning procedures to help create what I hope will be a fair process that would encourage more events to seek sanctioning without being overcharged for a hidden mandatory donation.

As I wrote above Sanctioning basically implies that the IAAF puts its stamp of approval on an event to recognize that it is accurate, safe and technically well organized from which athletic performances can be officially recognized.

There should be a set fee for this based on the size of the event. If BCA can offer other optional services such as insurance, t-shirts and on-line registration (even for a profit) that are competitive with outside services and show additional value for being sanctioned, then I am all for that. The current approach to sanctioning has got to go. Too many quality races are refusing to give into unreasonable financial demands from the sports governing body and as a result are not getting sanctioned. This is disturbing to both the IAAF and AIMS.

Hopefully in 2006 there will be a fair sanctioning process that will be a model for sanctioning events around the world so that performances from well organized road races can be accepted as being accurate and fair to all levels of runners.

GUNNER SHAW CROSS COUNTRY RACE

December 4th, 2004 Roger Brownsey

2004 wrapped up with some entertaining and enjoyable annual events, running and running-related. First off was the Gunner Shaw Cross-Country run at Jericho Park, on December 4th. The course at Jericho was in its' muddiest, most challenging and therefore best possible condition this time. This did not deter equal-best attendance of 110 runners, who enjoyed the challenge and the post-race pizza and other refreshments after hot showers

and a chance to warm up in the Sailing Centre. Most encouraging this year was the continuing development of the team challenge part of the run, 10 teams of four runners being recorded. We also had fourteen runners in the 5K junior event and we even had a couple of runners from Halifax, Nova Scotia. Evidently, the reputation is spreading. It was nice to see teams from Kajaks, Semiahmoo Sun Runners and Langley Mustangs, to add to our own teams and the strong showing from Phoenix, with their four teams. Links to Phoenix are gaining strength with their invitation to us to join them at their regular 5K handicap runs in Mundy Park. More on this later. Full results of the Gunner Shaw for 2004 and previous years are at the website <www.lgrr.com>. First male and female runners in the 10K were Shane Bilodeau (35:19) and Suzanne Evans (40:51, 17th overall). In the 5K Silver Fox division, the exceptional 13-year-old Alex Gibson (19:02) was first overall and Luba Karamychewa (23:20) was the first female. On age-rating in the 10K, Herb Phillips came out on top (81%) for the men, with Lenore Montgomery (76%) top among the women. Despite the conditions, we actually had a new course record in the men's' 70+ division, Hilmar Lewandowski running across the finish in 65:45. Lions Gaters in action were led home by Darryl Whitney (4th overall, in 35:44), by John Moe, Gary and Murray Stevens, Ingo Jackish, Mark Hyder, Hans Fenz, Stephanie Keane, Cathy Morton and Bob Gardner. Many thanks once again to those that helped out before, during and after the race. Considering the cold and wet conditions, the volunteers out on the course did an outstanding job and were well appreciated by the runners as John Taylor of Phoenix was very careful to point out when he spoke fondly about the run during the post-race reception. All in all, another very successful edition of the Gunner Shaw. Just to conclude with a heads-up for next year, the Gunner Shaw will be held ONE WEEK EARLIER than usual - Saturday November 26th, 2005. This is unfortunate because it means we will clash with the Seattle Marathon weekend and with the "sister" Gunner Shaw event in Victoria. However, this is unavoidable for 2005 because the Canadian National Cross-Country Championship event will be held at our beloved Jericho on "our date" (December 3, 2005)

LGRR ANNUAL AWARDS AND DINNER

Roger Brownsey

One week after the Gunner Shaw, on Sunday December 12th, 2004, the club held its' annual dinner and awards ceremony at the Westin Bayshore Hotel and Marina. As in the previous year, we were accommodated in the Marine Room, a perfect size for the 50+ club members and guests that attended. Hot Hits Productions provided the background music and the selection of food was up to the usual excellent standard. Special guests for the evening were Russ and Sandy Jones, two former members of Lions Gate Road Runners. As always, this was a great chance to reflect on the past year, recognize individuals that had made notable contributions to the club and generally relax and have a good time. Robert Haines was busy with his camera again and the incriminating evidence in the photos is, at the time of writing, starting to circulate. Robert will withhold especially damaging photos for a small fee. Many thanks to all those that contributed to the door prizes; most guests came away with a gift, thanks to all the donations.

As for the special awards, top athletic recognition went to **John Moe** and **Christine Blanchette**. Following an off year with injuries, John came back in 2004 with a number of outstanding

gold & silver-standard runs. These included 10Ks of 35:33 and 35:59, together with half marathons of 1:20:02 and 1:18:41. John surpassed even these efforts with a remarkable 2:44:27, finishing 7th overall in the Victoria Marathon; the top 50+ marathon time in Canada in 2004.

On the women's side, Christine's award was really a culmination of two very solid years of racing in the local Timex series and in other races. Christine's races included a 20:37 in the Sierra 5K, 43:50 in the Post-to-Post 10K and 1:34:30 in the Seattle half-marathon. Particularly notable, though, were Christine's two marathon efforts of 3:28:40 in Vancouver, followed by a PR in Victoria of 3:21:03. John and Christine are both now gearing up to take on the Boston Marathon in April, so good luck to them both in their preparations for the big day.

Talking of Marathons, I could not let 2004 pass without making a special award to **Neil Wakelin**. In recognition of Neil achieving the distinction of running 100 Marathons through his career, #100 being Vancouver in 2004, we made a special presentation to "Neil Wakelin – Mr Marathon - Lions Gate Road Runners, 2004". Needless to say, Neil will also be the recipient of the 2004 edition of the Jim Woodhouse Marathon Trophy, to be awarded early in 2005 when Neil and Jim's daughter, Anne Cobban, are available to attend a club meeting.

Although the annual awards go to specific individuals, there have been many other notable efforts throughout the year by a large number of our club members. I cannot list them all, but just to give a flavour of some of these efforts, I will mention a few. **Jack Miller**, now approaching his 60th birthday, continued to excel, with two 10K runs close to 36:30, a half-marathon of 1:20 and a Vancouver Marathon effort of 2:56. These were all Gold standard efforts. Jack even came down for our 50th Anniversary Mile event in August and turned in a 5:36 mile (4:33 age-rated). Jack is off to test himself against the European elite in the London Marathon in April. Way to go, Jack.

Other notables in men's ranks were **Mark Francis** (34:40 Sun Run and 1:17 half marathon), **Carlos Gaspar** (36:40 10K and many notable cross-country runs) and **Nick Stark**, with his umpteenth Timex Series Age-Division Championship. Nick's record in Timex races is surely unmatched by anyone I can think of and he continued in 2004 with a string of silver-standard runs to win the - 54 division again.

On the women's side, **Rene McKibbin** continued to lead by example, with a sub 31 minute 8K, a triplet of excellent half marathons in the 1:26 range and a superb effort in the Haney-Harrison Relay. Rene's efforts in and beyond racing are also helping to consolidate the progress of the women's section of the club, exemplified by the excellent team showing in the 2004 Haney-Harrison Relay. The prospects look great for 2005 considering the steady commitments and progress being shown by Rene, Christine, Lara Duke, Linda Wong, Christina Struik, Stephanie Keane, Cory Cullen, Cheryl Steele, Sara Bucovaz, Cathy Morton and Tawna Morgan, among others.

The two final awards were for service to Lions Gate Road Runners. This year, the "Distinguished Service Award" went to **Phil Bell**. Phil was President of LGRR for two years, preceding the term of Egan Wong, and in addition he has served for many years as Masters' rep and team captain for many relay teams. Throughout these many years, Phil has run at a consistently high level, adding to the impact on the presence of the LGRR singlets

at races and in helping our relay teams perform so well locally and in the many trips to Jasper-Banff and Kananaskis.

The final service award for 2004 was the special "President's Award", this year going to **Stephen Emmerson**. Regrettably, Stephen is suffering a bad patch of sciatica, keeping him from running as much as he would like, but that does not stop his whole hearted contributions to the events that Lions Gate puts on. Stephens' legendary organizational skills have led to the development of "Camp Cunningham" for the Seawall Race - now mutated into Camp CunnINgham, in view of the new sponsor.

The Gunner Shaw also benefits in many ways, notably from the highlight of the "Puddle from Hell" and "Life's a Beach, the Second Time Around". You have to run the Gunner Shaw to really get the significance of these things. To put it mildly, Stephen never leaves a stone unturned, when he is planning his part of the proceedings. Give him a job to do and, as a race director, you have the luxury of knowing that not only will it be done, but it will be done to perfection and with a flourish. For anyone that ran our 50th Anniversary Mile, you will know what I mean. The whole thing was really Stephen's original idea and, when asked to provide a little something for the event, came up with mementos for all the runners. This was in the form of a reproduction of the image of Roger Bannister passing John Landy with about 100 yards to go in the famous Empire/Commonwealth Games Mile Race in 1954. We will all treasure our memory of that day. Thanks again, Stephen.

2005 OFF ON THE RIGHT FOOT (Or the left foot?)

Roger Brownsey



Christina Struik & Sara Bucovaz at the the Icebreaker 8K

It was great to see so many club members right at it in the first of the Timex races for 2005. This was the 8K "Icebreaker" in Steveston, on Sunday January 30th. Thankfully, we did dodge the ice and snow of recent weeks and although it was a bit windy, it turned out to be a mild enough morning. All together I counted more than twenty Lions Gaters in the field of about 400 finishers. The winning time was an impressive 25:35, by Oliver Uttig, followed by a remarkable 26:47 by first female, Leah Pells. Lions Gate was led home by Darryl (28:04), followed by Nick Stark and Rene McKibbin, both under 31 minutes. The full list of club members that competed are posted in the LGRR race results section.

JIM SWADLING ON THE MEND

Roger Brownsey

On an inspirational note, I know I speak for all club members when I wish Jim Swadling continued resolve and much better fortune as he works to come back from his awful cycle accident in 2004. We are all looking forward to the time when Jim can return to running at whatever level is possible carrying a few pounds of stainless steel. I shudder to think what Jim does to the metal detectors when he flies these days.



Ingo Jackisch Robert Haines

2005 RUNNING ROOM SHAUGHNESSY 8K

Frank Stebner

Plans is well underway for the 23rd Annual Running Room Shaughnessy 8K that will be held on Sunday May 29th this year. Entry forms and posters will be printed shortly. Our major sponsors have returned and we even have a few new ones. Kerrisdale Pharmacy on West Blvd. is on board with a \$500 donation and Mt.Begbie brewery from Revelstoke is also a new sponsor providing product. Both Mini Yaletown and the Coast Whistler Hotel have returned to provide the big draw prize of a weekend use of a Mini Cooper and a two night stay at the Coast Whistler Hotel.

As in past years the Shaughnessy 8K is also part of the Timex Series and the Vancouver Sun Run Series.

We are hoping that all Lions Gaters will be helping out on race day again. Please mark your calendars and keep May 29th open. Shaughnessy entry forms will be available before the end of February. We hope that all Lions Gaters will help to distribute these around the Lower Mainland

2006 VANCOUVER WORLD MASTERS NON-STADIA EVENTS - CANCELLED

Frank Stebner

Over the last few years BC Athletics had been promoting this 2006 Vancouver event on the BCA On-Line Bulletin. BCA has also spent thousands of dollars to promote this event and send representatives to two world events in Puerto Rico and in New Zealand. BCA also created a great website for this event. As the New Zealand event was a financial disaster, BCA had to reconsider if it still wanted to continue with this event. BCA decided not to take the risk and did indeed cancel the event. The cancellation of this event was reported in several websites around the world and in running magazines, yet BC Athletics decided not to report this to the BCA general membership in the BCA Bulletin.

In fact LGRR Phil Bell had to read about it in a British Running Magazine.

I did ask at the BCA AGM why this would not go in the bulletin and I was told that it was in the minutes of the BCA Board meeting and that should be enough. I would say that less than 2% of the membership actually read the minutes. I have since tried twice to get this into the Bulletin yet BCA does not want to put this into the Online Bulletin. You have to ask BC Athletics why. Below is a report from the World Masters Association website which I tried to get posted on the BCA Bulletin.

Vancouver withdraws as host city for the 2006 WMA World Championships Non-Stadia

The WMA 2006 World Masters Championships Non-Stadia were awarded to Vancouver, CAN, but we have now been informed that Vancouver wants to withdraw as organizer. It is sad but their final decision is taken.

The WMA Council discussed the future of our World Championships Non-Stadia in San Sebastian in March this year as we have seen a declining number of athletes and countries participating. The Council has decided to forward a proposal to the WMA General Assembly in San Sebastian, ESP, the next year that the Non-Stadia Championships be removed and the events be split between the Stadia and the Indoor Championships.

Now that Vancouver withdraws the Council proposal will be to remove the World Championships Non-Stadia from 2006. Our Non-Stadia Committee has been asked to present a proposal to the Council by end of September (2004) how the Non-Stadia events can best be split (or removed) between the Stadia and the Indoor Championships which will be the basis for the Council proposal.

Torsten Carlus WMA President (Source: wma, 03.08.2004)

EVENTS TO CONSIDER 2005

Roger Brownsey

In addition to all the Timex runs that will be advertised as they come along, I've received notices about several other events you might want to consider. These include the following:

5K Handicap runs. The Phoenix club is hosting a series of informal handicap 5K runs in Mundy Park. These will all be held on Saturday mornings, starting at 8:30 am near the baseball diamond on the west side of Mundy Park. The dates are - Feb 26th, March 26th, April 30th, June 11th, July 16th and August 13th. They are planned to come a week ahead of a Timex race as a "tune-up". We are all invited to join the Phoenix and Nomads runners that also go. No entry fee, just call George Gluppe before the run to give him your name, age and estimated 5K time (604-469-7946). The aim of the handicap is to send runners off in groups of 2-3 with the slower going first. The aim is to have all runners finish at the same time.

Club Fat Ass Enduro Run. May 21st at Lower Conservation Reserve, North Vancouver.

Marathons.

In addition to the Vancouver Marathon (May 1st), I have received details of the Yakima River Marathon (Saturday April 2nd), the Big Sur Marathon (last Sunday in April) and the Ottawa, National Capital Marathon (May 26-29 weekend). Let me know if you would like more details.

Relay Races.

Whistler (June 4th),
Jasper-Banff

Vancouver Island Relay Race

On beautiful Vancouver Island,
British Columbia,
On May 21, 2005

Courtenay to Nanaimo - One day Event -
Ten runners required for a relay team OR
120 km or 50 km ULTRA

Registration is now available On-Line

www.vancouverislandrelay.com If anyone is interested in raising a team for one or more of these events, now is the time to plan and get an entry submitted. Please contact me or one of the club reps if you are interested and we can get things going.

JIM WOODHOUSE MARATHON TROPHY 2004

The winner of the trophy for 2004 is a Lions Gate Road Runner who ran the greatest number of marathons between December 1, 2003 and November 30, 2004. The qualification standard (STD) must be met for the 2005 Boston Marathon.

Lions Gate Qualifiers for 2004 were:

THE WINNER!!!!

NEIL WAKELIN -56 - (3:45 Boston Standard)

3:16:24 Las Vegas- January, 2004
3:15:36 Yakima Wa- April 2004
3:24:07 Olympia WA- Apr 2004
3:22:53 Vancouver- May, 2004
3:27:16 Comox Valley- Sep 2004
3:29:25 Okanagan- Oct 2004
3:22:16 Seattle- November 2004

MARK SHORTER- 47 -(3:30 Boston Standard)

3:01:38 Honolulu -December 2003
2:53:24 Yakima -April 2004
2:55:52 Big Sur -April 2004
2:52:29 Vancouver - May 2004
2:58:06 Seattle- November 2004

JOHN MOE- 50 - (3:35 Boston Standard)

2:44:27 Victoria- October 2004
2:52:52 Seattle- November 2004

CHRISTINE BLANCHETTE- 38- (3:45 Boston Std.)

3:28:40 Vancouver- May 2004
3:21:19 Victoria- Oct 2004

JACK MILLER- 59(60) - (4:00 Boston Standard)

2:56:51 Vancouver- May 2004

RENE McKIBBIN-37- (3:45 Boston Standard)

3:32:23 Victoria- October 2004

AL THOMPSON- 58 - (3:45 Boston Standard)

3:32:53 Vancouver- May 2004

LARA DUKE-28- (3:40 Boston Standard)

3:37:44 Victoria- October 2004

DARRYL WHITNEY-23- (3:10 Boston Standard)

3:08:10 Victoria- October 2004

JIM WOODHOUSE MARATHON TROPHY 2005

The winner of the trophy for 2005 will be a Lions Gate Road Runner who runs the greatest number of marathons between December 1, 2004 and November 30, 2005. The qualification standard (STD) must be met for the 2006 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. 1/2004 and Nov. 30/2005, 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.

2005 Lions Gate Qualifiers to date are:

MARK SHORTER- 47-(3:30 Boston Standard)
2:58:23 Honolulu -December 2004

NEIL WAKELIN -56 - (3:45 Boston Standard)

3:18:23 Las Vegas - January, 2005

2006 BOSTON MARATHON QUALIFYING STANDARDS (Age as of Marathon Race Day, 2006)

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

NEW MEMBERS

Darryl Whitney M 20-24

Tanya Sayers F 35-39

Tom Cardle M 40-44

Linda Wong F 25-29

Jim Mosley M 55-59

Stephanie Keane F 30-34

LGRR CLUB WORKOUTS

Tuesdays @ 6:00 pm Stanley Park-

Brockton Oval, contact Al Thompson.

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.

FUTURE NEWSLETTERS

Contributions from Lions Gate club members are welcome for future editions of the Lions Gater. Please submit any material to Frank Stebner (fstebner@shaw.ca)