

Ontario Masters Club Cross Country Series totals Club scores from five races in the Province...

Sept 18	Guelph Falling Leaves 7.5K
Oct 3	OMA Taylor Creek 5K
Oct 17	CMAA Don's Harriers Relay
Oct 31	OMA Sunnybrook 8K
Nov 14	Ontario Cross Country Championships

The top five age-graded finishers score for each Club. Details on the web site.

What a perfect day for the **Ontario Masters 2010 Road Race Championships** on Saturday in Taylor Creek.



2010 Ontario Championships Medalists



Kevin Smith won the race overall - setting a new *M40* Course Record of 16:38



W35 Michelle Clarke was the first woman overall in 19:31. **W45 Annie Bunting** was just behind her in 19:58



Richard Bailey broke the *M60* CR in 20:22



Jack Geddes broke his own M70 CR with a fine 21:30

Besides the usual OMA Championships medals, the age group winners received Gift Certificates from OMA Sponsor - [The Runners Shop](#)

Canadian Rankings - We are developing a new Ranking site in cooperation with the CMAA that will continue to list **ALL** performances by 30 and older athletes in Canada. The new site will automatically transfer results into the database, saving our volunteers a lot of tedious work. Until we launch the site, please be patient looking for your updates.

Mark your calendars....**the Ontario Athletics Awards Banquet** is scheduled for Saturday, October 30th.

The Ontario Masters will be presenting our **Athlete Of The Year Awards** and inducting new people into our **Hall Of Fame**.



Last year's OMA AOTY winners, Earl Fee and Karla Del Grande with AO AOTY Priscilla Lopes-Schliep
Details will be available shortly.

OMA Members entering a New Age Group in September...

M65	Bob Foster	Markham
W55	Dawn Hamel	Coldwater
M55	Jim Rawling	Toronto
W50	Beena Narwani	Oakville
M50	Les Neufeld	Jordan Station
M40	Clive Cartlidge	Toronto

Some of NEW Ontario Masters...

John	Manera	Guelph		100m, 800m
Barbara	Manera	Guelph		100m, 800m
Travis	Anderson	Ohsweken		200m, 1500m
Tania	Jones	Richmond Hill	Newmarket Huskies	5000m, cross country
Chantal	Warriner	Minesing	Newmarket Huskies	5000m, 10,000m
Mike	Doyle	Toronto	Longboat Roadrunners	5000m, cross country
James	Freemantle	Newmarket	Newmarket Huskies	5000m, cross country
Kevin	Smith	Toronto	Marathon Dynamics	5000m, cross country
Michelle	Clarke	Toronto		5000m, cross country

Doh... I missed including the LINK to the survey on Supplements and Masters Performance that I mentioned in Enews August 24th ...

<https://www.surveymonkey.com/s/supplementsurveycarnegie>

Marty Comber writes....



Just letting you know that my father Robert Comber (photo) recently had a hip replacement so running is out of the question for awhile. He was so looking forward to setting some new marks in the 85 to 89 year age group, but this may have ended that.

His love for the masters sports has always kept him very motivated and after a couple weeks with a new hip he is doing fantastic.

Just wanted to let you know.

Seeya,
Marty Comber
Windsor

Jerry Kooymans writes...

I shaved a few seconds off the **Canadian M55** record for the road mile last night (Aug 12) in Tonawanda, finishing 10th overall (second master) in the elite section of the Mueller Mile in 4:50 (old record – 5:15.7). Other Ontario masters: Ted Paget (5:30), Tim Payne (6:02), Perry Goodwin (4:58), Scott Lockhart (5:19).

I thought I had the Canadian M55 5K record when I finished the Dundas Cactus 5K run on Sunday (Aug 15) and the clock showed 16:52. However, when they finally posted the official results, my time had been adjusted to 16:55, **one second slower than the record**. Very frustrating. When I think about the extra distance I had to run because of cars parked on the course, that may have been the difference. Oh well, next time. I'll give it another shot at the Yorkville 5K on Sept. 12, hopefully under cooler conditions.

I finished fourth overall in the race, first master. Times were slow all around due to the heat and humidity.

I won the Labour Day Oakville 10K by over a minute yesterday but missed the Canadian M55 record by 13 seconds. I ran 34:36.3. Those M55 records looked so easy when I was 53 and 54! Now I'm only 3 for 6 in record attempts since turning 55. Minor injuries have cut into my training. Hopefully if I can get my training back on track, the records should start falling again.

Paul White writes....

Hello Doug,



just thought I'd let you know what I have had happen to me in the past month! It's all good! To start, on July 23 Athletics Ontario posted a blog where a casting company was looking for a runner/sprinter between 38-45 years old to audition for a Quaker Oats commercial. This happened just after the Canadians were held so I was still thinking track and thought hey I'll respond to the add what do I have to loose, I've never acted before so I was looking at it as an oh well it should be an experience anyway. I wasn't sure exactly what they were looking for. July 24 The casting agent responded and told me I have an audition Monday the 26th. I rearranged my work for downtown Toronto and away I went. Did the audition, wasn't too bad, just some stretching on camera, and back to work I went. A couple of days went by and I wasn't holding my breath for the part but low and behold the agency calls me on the Wednesday evening, 28th, and tell me that the production company want me back for another audition! I happened to be doing a camping/working week so when I got to the campground and told my wife we had a little giggle over my new endeavor. My second audition was the next day so some rearranging of the work schedule and an early leave from the campground & away I went again! Did the same stuff as I did in

the first one only in front of a bunch of people. I said goodbye and off to work I went again.

Well I was still not holding my breath, mainly because I'm a sprinter not long distance and have no lung capacity haha, wouldn't you know it, my "agent" calls me and tells me I'm booked! Yes I got the part! Now I just wait to see when the shoot is and show up to do my thing, unfortunately I don't really know what that is? Aug. 6 I went in for wardrobe, that took 15min. My call time for the camera shoot was going to be 5am on Monday Aug.9 yeah in Toronto & I have at least a 2+ hr drive to get there and I am not an early riser! And I thought track was early! Well I made it on time with only a few butterflies in my tummy! Had a trailer with a star on it, trucks all down the road, a bunch of people running around in the dark setting up cameras and then realized that they were all here for me! Hmmm what do I do now? This was all new to me so I just followed whatever lead I could to learn & relax. The shot was done on a pedestrian overpass over some railway tracks by Bloor & Dundas in Toronto. I did some stretching and some running while the sun came up all in front of the cameras up on the overpass. It was a really fun experience! I was on my way home just grinning about the whole chain of events that had lead me to that day. There was now the chance that they would not use me or perhaps even the commercial so I kind of was holding my breath a little now because like track when you put out the effort you want to see your results! I've had to wait only till now to see the result!

On Sept. 1/10 Quaker released an add campaign in the USA called "Wake up America" with a slogan "Does your breakfast make you amazing". What a score! I can't believe how fast it all happened to me on something that I had not even considered doing before! It just goes to show that there is no limits to what or when anybody decides to take a leap into the unknown that the outcome can be rewarding! The campaign is all about getting a good start to the day with a wholesome breakfast & living a healthy lifestyle of which I'm guessing lots of Masters Athletes live by! I hope the campaign makes it up to Canada! I just thought I would share my excitement with you because it all started from the fact that this only happened to me because of the track & field organizations that I have been able to belong to and compete in in order to continue a healthy lifestyle of my own so I can hopefully pass it on to my children! Here is a link to the commercial,

www.wikio.com/video/wake-up-america-4003332 I thank people like yourself for being so upbeat and committed to help people like me have a place to improve ourselves physically & spiritually,
cheers,
Paul White
Dorchester ON

Mike Morris writes....

Just a note to let you know about progress with my Plantar Fasciitis. *(Mike asked for advice from the readership in Enews July 21st)*

3 of you suggested the Strassburg Sock (its on the Internet). I tried it and the results have been remarkable. After wearing it just one night I could feel the improvement; after two nights still more improvement....almost zero morning pain after months of hobbling around! After 5 days I couldn't resist trying some "just below max" sprinting....30 meters x3. Pain low during the runs: anxiety high. A bit more discomfort the next day. After 10 nights of wearing The Sock my foot felt so strong I tried a few flat out 40 meter sprints in spikes. All the runs on a nearby artificial turf field...very flat and very shock absorbent: great for training with a foot or knee problem. I even tried a 200m in sneakers on the track at normal, relaxed, training speed (~34/35 sec)...first 200m run since March. Minor discomfort next day, no lasting after effects. I also now walk without a limp and the pains in my leg muscles due to trying to avoid the PF spot are gone. I continue with the icing once or twice a day (and always after exercise) and lots of self massage on the PF. I also continue taping the foot for running or significant walking and always wear soft inserts.

I can still feel discomfort in the heel but its now below the serious problem threshold...its just "there". When its taped and in sneakers/spikes, however, I feel no pain at all during the running/walking just some "soreness" afterwards and the following day. To be cautious I guess its best to keep the running days to 2 per week for a while yet.

Last Sunday...some 30 days after starting with The Sock I tried a self-timed, rolling start, 100m in spikes on the track and managed something very respectable (in my opinion!).

PF is very frustrating. By far the longest lasting injury I've ever had....and it hasn't completely gone yet either. I'm sure that all PF cases and individuals are not the same and respond differently to different treatments at different times. Precisely what is damaged, where exactly, in what way and how do you stop every step making it worse? This makes it especially hard to treat and get rid of. Anyway The Sock is working for me right now. The improvement is truly great...wish I'd known about it when this thing started in February, all of 7 months ago, but who can say if The Sock would have worked back then? I will continue with the above "treatment" until the PF is just a memory (or better yet, forgotten altogether!).

Dave, I joined your age group in late July so now, please take note, you can look forward to some serious competition in 2011 :-)

Best regards & thanks to all again for your help and advice.

Mike Morris
Montreal

BC Road Running Czar Frank Stebner writes....

IAAF member **Bernard Lagat** broke another M35 record this past weekend in the 3000m in Rieti Italy. Lagat took almost 10 seconds off of the old listed WMA record. 7:29:00 (old record 7:38:28)



Roman Olszewski writes...

Re: the picture of Bob Moore winning the indoor 5000m at the CNE in 1979 (Enews Aug 24), the track was, I'm pretty sure, banked on the corners. There was Euroflex rubber stuck to boards and these were placed on an aluminum frame. On the straights, there was only the Euroflex and boards. Anyone who ran on that track will remember the nice bounce on the corners. There were some great times set on that track.



Earl Fee writes.....

I wish to thank Dave Bernie profusely for the supreme compliments he gave me in Doug's August 24th OMA Enews. At the OMA championships I got in with a much younger male group in the 800m (my choice actually). Not a good idea at age 81. This somehow de-energized me for the 400. So I am still learning and getting lots of experience. Mark Twain said a good compliment keeps him going for a week or more. But these compliments will give me wings for years, or as long as I can remember. The only trouble is now I have to work harder.

Similar to Dave, I had also taken 30 years off from athletics. So I wish Dave the same success and good fortune I have experienced with the OMA and CMAA in the past 25 years. He is getting amazing already.

Check out Earl's latest accomplishment on the new Canadian Masters site

<http://canadianmasters.ca/>