



On The Run A Natural High

By Robin Steckley

November 4 marked the third Angus Glen half marathon, an event that has gained recognition and popularity faster than any other race in Ontario.

Our community event was awarded the prize for best post-event party by the readers of *Get Out There* magazine. A gorgeous warm clubhouse in which to congregate, indoor bathrooms, and a full buffet lunch as a reward for your effort are just some of the great features that have runners from as far away as Nunavut raving.

It is no surprise that this race has sold out every year since it started in 2005, and in just three years it has raised \$200,000 for our hospital. It is this event that local runner Kim Gatten chose to run as her first half marathon.

There is no race quite like your first. It is the most exciting, challenging and memorable. Every detail becomes clearly defined in your memory, starting with a pasta dinner the evening before. All marathoners live by the rule that you eat carbohydrates prior to a race, so Kim trusted those who

have run before her and enjoyed an early meal of pasta before turning in for a good night's sleep.

She was up early, excited and a little anxious. How to dress for cooler weather is always a big question for a new runner. The golden rule of experienced runners is to dress for 10 to 15 degrees warmer than the temperature actually is and you will be fine. Again Kim followed the rules. She dressed in a lightweight, long-sleeved top and running singlet. By the end of the race, her long sleeved top was tied securely around her waist and she was comfortable running in the seven degree weather with bare arms.

Lining up with 1,500 other runners is a thrill, said Kim. "Everyone is after the same goal. Nothing else seemed to matter. The other runners were friendly and supportive, offering encouragement and advice."

Do you remember those simple days as a child, when hitting a home run, scoring a winning goal or coming first in a contest made you feel on top of the world? It was like you were invincible and could do anything. Runners will tell you that this is the feeling they have every time they cross the finish line. For a few hours responsibilities and pressures are forgotten and we are adults at

play. And the beauty is, everyone is a winner.

For Kim, this feeling came from accomplishing her first race; for others it is first place, a faster time, or yet another year older and still able to go the distance. Each runner experiences this sense of accomplishment and it keeps us all wanting to come back and do it again and again.

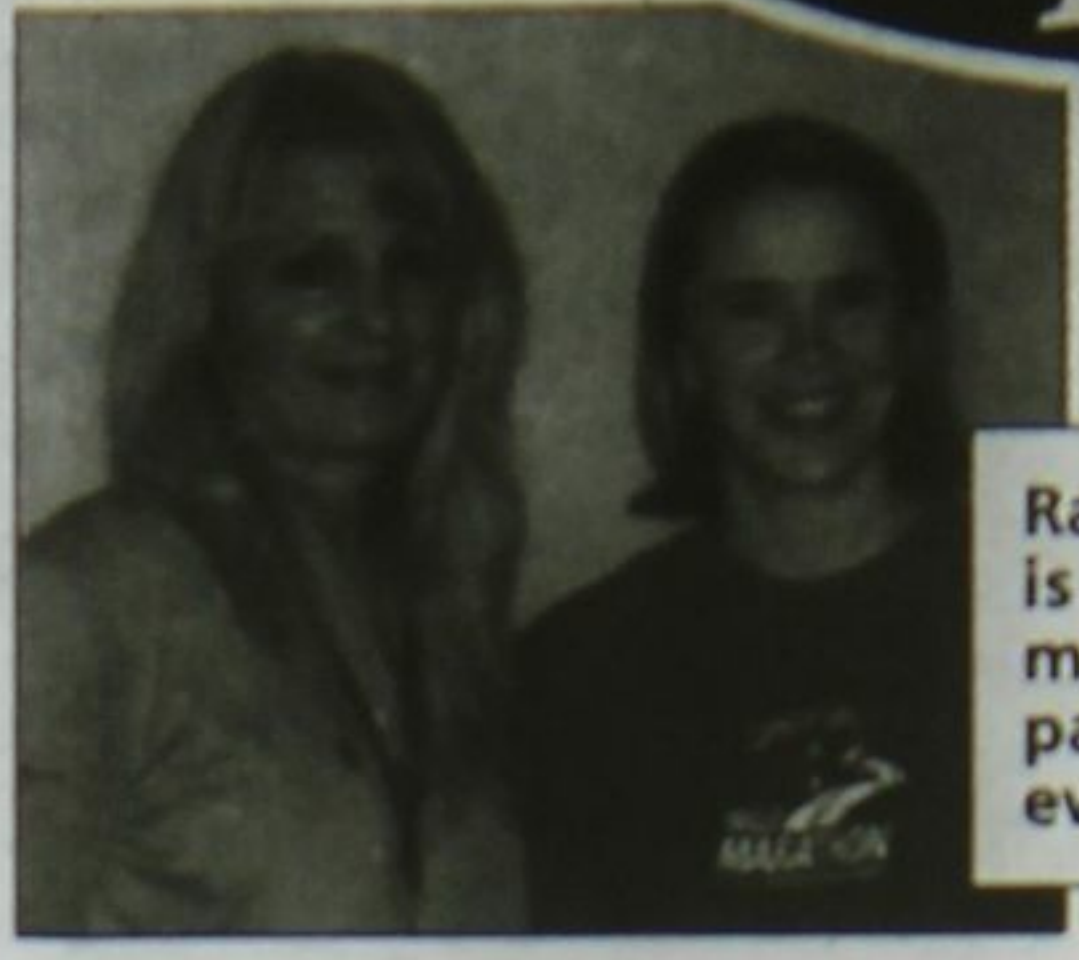
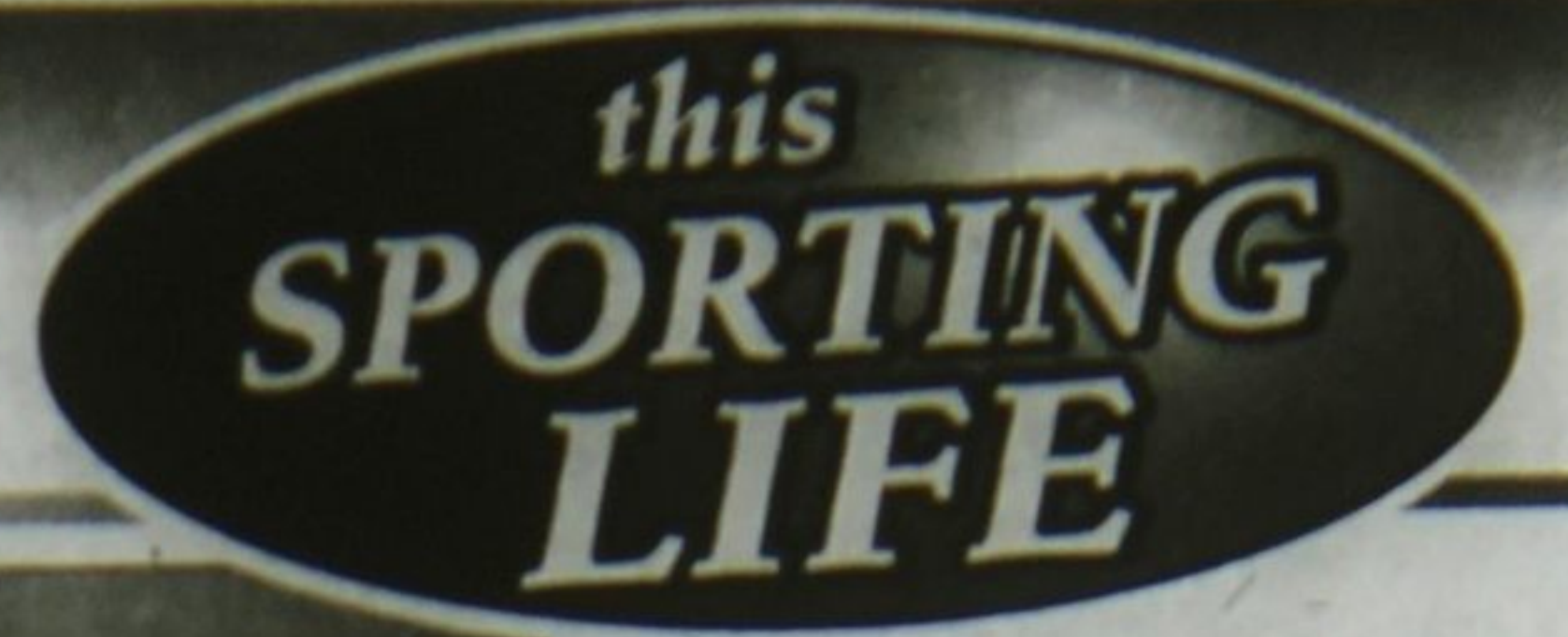
Kim had set a goal of 2:10 to run her first race and found it tough, especially in the last 3km when her IT band* stiffened up. She pounded her leg for a full kilometre trying to loosen it. Finally at 19 km it seemed to ease and Kim remembers thinking "Oh my gosh... I can make it!" She finished at 2:10:47. She was ecstatic.

Will she do this again? Absolutely!

Think you might want to give it a try? Next year's race is Nov. 2, 2008.

Hope to see you there.

*The IT (iliotibial band) is a thick band of fibrous tissue that runs down the outside of the leg from the hip to the outer side of the shin bone, just below the knee joint. The band functions in coordination with several of the thigh muscles to provide stability to the outside of the knee joint.



Race director Sara Sterling (left) is seen with first time half-marathoner Kim Gatten, who participated in the Angus Glen event Nov. 4.



UP AND OVER
Nicole Carino of the Glad Park Public School Senior Girls Volleyball team shows good form returning a serve from the Ballantrae P.S. team. Ballantrae took three of the four games played in the exhibition match up played in early November in Ballantrae.

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