

MINI UPDATE JAN. 12th 2018

Welcome to the new year. Hopefully it will be a positive and enjoyable year.

A great way to see in the new year was a training run and get-together on New Year's Day, organized by Derrick Ushko. Between 12 and 15 Harriers braved the cold and put their best foot (and their second best foot) forward to start the new year with an 8km – 15km run. Great to have Danika back in training after a lengthy absence through injury. Thanks Derrick and congratulations to all those who got the new training year off to a great start.

Training

Regular training routine for the next couple of months.

George's group at the dome at Foote Field, Feb. 6th, March 8th & 13th,

Harriers Relays, Kinsmen Fieldhouse, Fri., Jan 26th

Our major promotion in the indoor season. We need lots of help. Info has already been sent out about volunteering. Please remember that all members, as a condition of membership, are committed to 3 volunteer commitments for cross country/indoor season and 3 for the outdoor season. The Harriers Relays is an expectation of all members. Only by everyone fulfilling their volunteer commitments can the club continue to run smoothly. Please do your part.

Harriers race during the relays.

Every year there is an opportunity to showcase some of our talented members when we have a race for Harriers mid-way through our relays meet. This year we will be going back to a format that was extremely popular for many years – a relay rather than a handicap race. 8 girls make up an 8 x 200 team and race against 4 boys who make up a 4 x 400 team. This makes for great crowd involvement with spectators and school athletes generally identifying with and cheering for, their respective gender team.

If you will be at the Harriers relays and wish to be considered for this race let Phil know by Mon., Jan. 22nd. If we have more candidates than places we will look at previous best performances and more recent results from the Golden Bear Open.

Upcoming

Golden Bear Open, Butterdome, Jan. 19 – 21

Remember that **you need to enter yourself for this meet. As of Jan. 12th at 3 pm only 8 Harriers are registered.** Registration is simple. Go to

<https://www.trackie.com/online-registration/register/golden-bear-open/8296/> If you fill in

your AA number I believe all your personal info is entered automatically. If you don't have a seed time for an event leave it blank or enter an accurate approx – for this meet there might be a number of events new to you in a sanctioned meet (eg last year's midgets ran 1200 but now, if youth, run 1500). For future meets you will have accurate seed times. Talk to your coaches about which events are appropriate for you.

Athletics Alberta Memberships

Still a substantial number of athletes who have not registered or renewed their memberships with Athletics Alberta. If you are not a registered member for this year you will not be able to compete. Also, since AA membership includes the insurance coverage, you should not even be training with the club. Register online. **DO IT TODAY!**

Harriers Elementary Relays

Info already sent. Don't forget to sign up for the Pizza Party following the meet.

MacEwan University Invitational, Kinsmen Fieldhouse, Sat., Jan 27th. Check out the info through the Athletics Alberta website. Primarily the Alberta College's Championship Meet but with some open events. No tech pkge on the site yet but from last year most of the events were distance races – shortest was 300m. Athletes responsible for their own entries.

Panda Open, Butterdome, Feb 9-11th

Similar to the Golden Bear Open but with female competition having precedence (i.e. girls race before boys). Info at <https://www.trackie.com/online-registration/event/pandas-open/8511/#.WIk3jLjn09k> Athletes responsible for their own entries.

Alberta Indoor Games, Butterdome, Feb. 17/18th

No tech pkge or info available for this year yet. In previous years this has been the tyke/pee wee/bantam provincial indoor championships plus the combined events championships for all age groups plus the provincial championships for all relays. For midgets and older athletes there will be individual events but the emphasis is on relays and combined events. As more info becomes available be ready to look at the tech pkge. Midget and older athletes select individual entries carefully (and sparingly) as the main events for you are the relays. If you are interested in running relays let your coach know well in advance of our entry deadline which is Jan 31st.

As this is a Provincial Champs Meet the club will be paying entry fees for all events. More info will be coming when the tech pkge is available but our deadline for entries will be Jan 31st. A note will be coming from Amanda and the entries will then go to her.

Here is a provisional list of indoor meets for this season. Please retain for reference.

HARRIERS INDOOR FIXTURES (Provisional list) Revised

Jan 19-21 Golden Bear Open, Butterdome. Midget to Open competition. Only hurdles for bantams but they can probably enter midget competition. No pee wee competition.

Jan 26 Harriers Elementary Relays, Kinsmen Fieldhouse

Jan 27 MacEwan University Invitational. Kinsmen Fieldhouse. ACAC, Varsity and Open Competition.

Jan 28 Dino Classic, Calgary*

Feb 9-11 Panda Open. Butterdome. A new event with similar events to the Golden Bear Open ie no pee wee events, only hurdles for bantams but bantams can probably compete in midget events.

Feb 17/18 Alberta Indoor Games

Feb 20/21 Running Room Indoor Games, Elementary Relays

Feb 23/24 Can West. Butterdome. University only.

Feb 27 Running Room Indoor Games Elementary Individuals

Mar 3/4 Alberta Indoor Championships for all ages except tyke, pee wee and bantam. Butterdome.

Mar. 13 Running Room Indoor Games Sec Individual and Jr High Relays

Mar 17 Running Room Indoor Games Finals

*A series of meets in Calgary. Occasionally Harriers individuals have competed in these meets but it is usually an individual decision rather than meets supported by the entire club. Track is 4 lanes. No, or few field events.