

# THE GOLD STANDARD

**ISSUE #19**  
**October 2007**



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**RUN WITH THE CHAMPIONS**



**COUREZ AVEC LES CHAMPIONS**

**October 13 2007**

**2007 TransCanada Run with the Champions 10K**

Run along the picturesque Ottawa Parkway - Start and Finish in front of Canadian War Museum

Unique opportunity to run alongside Canada's elite as they contend for a Canadian title.

Great random prizes including Timex watches, Nike footwear and Nike + Ipod system

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# Interview with World Championship Silver Medalist

## GARY REED

**Athletics Canada - When and how did you become involved in track and field? Did you always compete in the 800m?**

Gary Reed - Honestly, when I was about five years old. I remember running an elementary school event called the "Run for Fun" and I took it upon myself to run 125 km for fun. The only prizes we received were pins. It was really after that event that I realized that I wanted to be an Olympic athlete. The feeling that I got from this event made me realize that I wanted to showcase this feeling to the world one day. After this I became involved in track and field myself attending after school programs and races.

I was not always an 800m runner. I was competitively involved in long jump, triple jump, and the 3k in high school (funny combination I know). In 1999 (my grade 12 year) I competed as a decathlete under Derek Evely. After that year, I switched solely to the 400m until 2002 when I took on the 800m.

**AC - Describe a regular training routine and what it consists of?**

GR - Running sessions- 2 times a day (hard session in the morning, recovery session at night)  
- Strength training 2-3 times a week  
- Flexibility sessions (yoga) 1-2 times a week  
- Massage 2-3 times a week  
- Physiotherapy 1-2 times a week

**AC - Do you have any pre-race rituals or superstitions?**

GR - I always have a freezing cold shower before racing



**AC - At what point in your career did you realize you had what it takes to be an elite international level athlete?**

When I competed at my first World Championships team in Edmonton (2001). I had a strong sense that I was going to be able to compete with athletes from around the world and that the top competitors were also just normal people like myself who had put in the hard needed years of work and dedication. I knew that for me, it was just a matter of time.

**AC - What was the feeling of fulfilling your objective of stepping on the podium at the World Championships?**

It is hard to describe that feeling. It a feeling that I have never come close to feeling before. I was so overcome with emotion that it felt surreal. It felt like there was 1 million pounds lifted off of my shoulders. I didn't know if I should cry, laugh, smile, or what to do. I was so excited I didn't even know how to express it.

# Interview with World Championship Silver Medalist

## GARY REED

**AC - What were you thinking about as you crossed the finish line?**

GR - To be honest, I do not remember most of the race. I was in such so focused on trying to win that race, I don't remember crossing the finish line. I just remember that when the race was over that I had only felt one person on my shoulder and knew that I had medaled.

**AC - What played a part in your decision to stay and live and train in Canada? Do you think that is one of the reason's you were able to get on the podium in Japan?**

GR - Although I was born in the United States, my mother is Canadian and I have lived in Canada since I was four months old. I consider Canadians to live the best lifestyles in the world and it's a lifestyle that I have never been willing to forfeit. It never interested me to try and chase US scholarship money or any other resources in the U.S. I feel like athletes living in Canada need to take advantage of the standard of living that we are provided with.

I feel as though my decision to stay, live, and train in Canada played a huge role in my podium finish in Japan. I am happy here (even apart from sport) and I think in order to be successful you have to be happy to begin with.

**AC - If you can only choose one attribute to describe your successes, what would it be?**

GR - It would be a toss up between dedication and fearlessness.

**AC - Have you already mapped out with your coach what your course will be in between now and Beijing – what does that look like?**

GR - There are parts that are set, others are in the works, the rest is top secret.



# Interview with World Championship Silver Medalist

## GARY REED



**AC - Do you have advice for young athletes who dream of one day stepping on the podium?**

GR - To realize that they are at an advantage (not a disadvantage) living in Canada. That succeeding in sport is something that you have complete control over, as you realize that you will succeed at the exact level that you are working for. Some good advice that I take with me is to focus on what I am doing in the moment. Sometimes, as an athlete, I think it is too easy to always worry about the future (post sport, etc.) A good friend of mine told me to pour all my energy in the moment and focus on what I am doing now as that is the only way you can succeed in the now.

**AC - What is your favourite past time when you are off the track?**

GR - Playing golf with my buddies.

### Rapid-fire with Gary Reed

**AC - Favourite car?**

GR - Maserati GranTurismo

**AC - You can meet anybody in the world, who and why?**

GR - Micheal Jordon. He is the man.

**AC - Favourite movie?**

GR - Man on Fire

**AC - Least favourite subject in high school?**

GR - Math

**AC - Favourite restaurant?**

GR - Gothams, Vancouver, B.C.

**AC - If you could be anything in the world what would you be and why?**

GR - A pro track athlete. If I wanted to be something else, I would be something else.

**AC - Favourite song?**

GR - Mind Control, Stephen Marley



## Chantal Petitclerc to take part in TransCanada 10K

Chantal Petitclerc of Montreal will make the trip to the nation's capital to compete for the Canadian title on Saturday October 13 in the TransCanada 10k Championships.

As one of Canada's most recognized and decorated athletes, Chantal has swept multiple titles in major international competitions such as the Paralympic Games, World Championships, and Commonwealth Games. This year alone she has broken two world records in both the 1500 and 200 metre events and won gold in the 1500 metres demonstration event at the 2007 World track and field Championships held in Osaka, Japan.



The TransCanada 10K Championships will mark the first wheelchair road race national championships staged by Athletics Canada. The Championships comprise the following events:

- TransCanada 10K Canadian Championships
- TransCanada 10K Canadian Wheelchair Championships
- National Timex Series Road Racing Series Finale
- Canadian Master's 10K Championships

Awards will be handed out to both the Canadian male and female champions as well as to 11 age category champions. Prize money will be awarded to the top five overall Canadian male and female finishers and to the wheelchair division top finishers.

**!Run with the Champions also serves as the  
National Timex Road Racing Series Finale!**

**TIMEX®**

## Athletics Canada Partner Offers

Partner offers are now available at [athletics.ca](http://athletics.ca). Currently Boulevard Travel is listing some exciting getaways. Just click under the marketplace menu or follow [www.athletics.ca/page.asp?id=244](http://www.athletics.ca/page.asp?id=244) to see what great deals you can find on some great travel / vacation packages.



# 1st Annual Spikes and Clubs



Athletics Canada's first annual Golf Tournament "Spikes and Clubs" took place on October 1<sup>st</sup> in Toronto. The day delivered some great weather helping make the event a great success.



Team White triumphed over Team Red securing the first ever Spikes and Clubs AC Cup. Other prizes were awarded for the top individual golfer, top foursome and most honest foursome (worst score)

Thank you to everyone who supported the tournament and the silent auction. All revenue generated from this event goes to help Youth Development Programs. Keep an eye on upcoming editions of The Gold Standard for information on next year's event – the 2<sup>nd</sup> annual Spikes and Clubs. You can see more pictures from the event on page 12.



View of hole 7 from the tee box



Top Foursome (3 pictured) presented by Joanne Mortimore, CEO

## 2007 Athletics Canada Technical Congress

The 2007 Technical Congress will take place in Toronto, ON from November 23-25. The Congress will take place at the University of Toronto, with the Holiday Inn Toronto Midtown serving as the event hotel. Check the website regularly for updates on the Congress, including schedule and registration information.

### Athletics Canada Technical Congress

November 23-25  
Toronto, ON

For more information:  
Nicole Clarke (nclarke@athletics.ca)

<http://www.athletics.ca/page.asp?id=167>

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## September Story Highlights

- [Christopher wins in Rieti, Felicien 4th in Zurich](#)
- [Felicien steps on podium again; wins gold in Austria](#)
- [Gold for Stilwell and Canadian Record for Reid at 2007 IWAS World Championships](#)
- [Stilwell tops podium again at IWAS World Championships](#)
- [Stilwell stumps competition again in Taiwan; Reid races to bronze at IWAS World Championships](#)
- [Canadians net three more medals as IWAS World Championships come to a close](#)
- [Christopher 2nd in final IAAF Golden League Meeting](#)
- [Ottawa site of Timex Road Race series Final](#)
- [Christopher 2nd in Germany](#)
- [2007 Road Race Masters Championships](#)



## No Positive Tests during IAAF World Championships

The International Association of Athletics Federations (IAAF) announced that the 11th World Championships in Athletics held in Osaka, Japan saw the largest implementation of the largest ever anti-doping programme at an athletic event with no positive results.

In total 1132 samples were collected both pre-competition and in-competition on a total of 972 athletes. Testing conducted from the opening of the athlete's village on August 20 focused on gathering hematological blood profiles and screening blood samples for the indication of possible EPO abuse.

During the championships themselves a total of 598 tests were conducted. Of these tests, 179 were urine tests for the detection of EPO, a further 103 were blood samples taken for the detection of blood transfusions, while the remaining 316 were standard urine tests. There were no positive tests recorded during the championships or in the pre-competition testing at the athlete's village.

The Canadian team comprised of 28 athletes came back from Japan with 3 medals. Perdita Felicien from Pickering, ON won silver in the 100 metre hurdles finishing three one hundredths of a second behind the first place finisher. Gary Reed from Victoria, BC also took the silver merely one hundredth of a second behind the gold medal winner. Chantal Petitclerc from Montreal took gold in the 1500 metres demonstration wheelchair race.

It was Canada's largest medal haul at the World Championships since the 1995 edition in Gothenburg, Sweden where Donovan Bailey and Bruny Surin finished 1-2 in the 100 metres, the men's 4x100 metre relay team won gold and Mike Smith took the bronze in the decathlon.

## Andy Higgins recipient of 2007 Geoff Gowan Award

The 2007 Geoff Gowan Award recognized Andy Higgins for his continued contributions to coaching in Canada. Beginning in 1996 the Coaching Association of Canada (CAC) created this award in memory of Geoffrey Gowan, former president of the CAC. The award recognizes the lifetime contributions made to coaching development and is presented annually to a coach who has promoted a positive image for coaches.

In 1970 Andy Higgins wrote and implemented the formal coaching education and certification program in Canada. He has since continued to work with and better the development of the program. Andy is a past president and founding member of the Canadian professional Coaches Association now more commonly known as Coaches of Canada. In 2001 he was inducted into the Canadian Olympic Hall of Fame.

In 1971 Andy Higgins became the first full time track and field coach at the University of Toronto. He has coached for over 45 years including many well known athletes such as Louise Walker, Jill Ross, Donna Smellie and Catherine Bond. He also coached decathletes Michael Smith and David Steen. Smith is the Canadian record holder in the decathlon, 3-time Olympian, 3-time World Championship medalist, and 3-time Commonwealth Games medalist.

**VOTE FOR THE BEST and WIN\*!**

**Athletics Canada nominations for the Annual Awards are now open for the following categories:**

Jack W. Davies Trophy	Outstanding overall athlete of the year
Cal D. Bricker Memorial Trophy	Single outstanding performance of the year
Phil Edwards Memorial Trophy	Top athlete in track events
F.N.A. Rowell Trophy	Top athlete in field events
Fred Begley Memorial Trophy	Top race walk, cross country or off the track athlete
Combined Events Trophy	Top athlete of the year in combined events
Junior Athlete of the Year Trophy	Outstanding junior athlete of the year
Myrtle Cook Trophy	Outstanding youth athlete of the year
Dr. Fred Tees Memorial Trophy	Top Canadian university athlete
Wheelchair Para-athlete Trophy	Outstanding wheelchair para-athlete of the year
Ambulatory Para-athlete Trophy	Outstanding ambulatory para-athlete of the year
Coach of the Year Trophy	Outstanding coach of the year

Submit nominations by **October 15, 2007**

Nomination form at: [www.athletics.ca/page.asp?id=54](http://www.athletics.ca/page.asp?id=54)

The awarding decision is made by Athletics Canada's Rules and Awards Committee.

*\*Nominating an athlete or coach will automatically enter your name into a draw to win a prize package consisting of a Timex Watch, Nike Hat and Athletics Canada shirt.*

## Information from IAAF Council Meetings

### Key Dates and Information

- March 30, 2008** 36th IAAF World Cross Country Championships - Edinburgh, Scotland  
12:45 - Junior Women (6km)  
13:10 - Junior Men (8km)  
13:40 - Senior Women (8km)  
14:15 - Senior Men (12km)
- May 10-11, 2008** 23rd IAAF World Race Walking Cup - Cheboxary, Russia  
Saturday May 10, 2008  
11:00 - Junior Men 10km  
12:00 - Junior Women 10km  
13:00 - Senior Men 20km  
Sunday May 11, 2008  
8:00 - Senior Men 50km  
13:00 - Senior Women 20km
- July 8-13, 2008** 12th IAAF World Junior Championships - Bydgoszcz, Poland
- July 8-12, 2009** 6th IAAF World Youth Championships - Bressanone, Italy
- July 20-25, 2010** 13th IAAF World Junior Championships - Moncton, Canada
- August 27-September 4, 2011** 13th IAAF World Championships in Athletics - Daegu, Korea
- August 10-18, 2013** 14th IAAF World Championships in Athletics - Moscow, Russia

### **Council**

The council approved the nomination of Sergey Bubka as Senior Vice President

### **Next Meeting**

November 23-24, 2007 in Monaco

## 2008 Ottawa Race Weekend Athletics Scholarship

The 2008 Ottawa Race Weekend Athletics Scholarship application is now available. Applicants are required to be a Canadian Citizen as well as enrolled in full time studies at a Canadian post secondary institution.

For more details or to download an application please visit: <http://www.runottawa.ca/index.php/en/students>

# 2008 IAAF Calendar

## OUTDOOR

March 2	Melbourne, AUS
April 26	Dakar, SEN
May 9 (TBC)	Doha, QAT
May 10 (TBC)	Osaka, JAP
May 18	Belem, BRA
May 24 (or 31)	Hengelo, NED
June 1	Berlin, GER*
June 6	Oslo, NOR*
June 8	Eugene, USA
June 11 (TBC)	Ostrava, CZE
June 15 (TBC)	New York, USA
June 18	Athens, GRE
July 5	Madrid, ESP
July 11	Rome, ITA*
July 18	Paris, FRA*
July 22	Stockholm, SWE
July 25	London, GBR
July 29	Monaco, MON
Aug 29	Zurich, SWE*
Aug 31	Sheffield, GBR
Sept 2	Lausanne, SUI
Sept 5	Brussels, BEL*
Sept 7	Rieti, ITA
Sept 10	Zagreb, CRO
Sept 13-14 (TBC)	Stuttgart, GER**

\* IAAF Golden League

\*\* World Athletics Final

\*\*\*World Indoor Championships

## INDOOR

January 27	Moscow, RUS
February 1	New York, USA
February 2	Stuttgart, GER
February 6 (TBC)	Athens, GRE
February 9	Valencia, ESP
February 10	Karlsruhe, GER
February 13 (TBC)	Athens, GRE
February 16	Birmingham, GBR
February 21	Stockholm, SWE
February 24	Gent, BEL
March 7-9	Valencia, ESP***



# OCTOBER 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**Linden Woods Fall Classic 10K Race**  
**October 8, 2007**  
 Linden Woods, MB

**Concordia Foundation Caring for Community Run/Walk**  
**October 14, 2007**  
 Winnipeg, MB

**TransCanada Canadian 10K Championships**  
**Run with the Champions 10K**  
**Timex Road Race Series Finale**  
**Canadian Masters Championships**  
**October 13, 2007**  
 Ottawa, ON

**6th Annual Turkey Tea Timex 10km Road Race**  
**October 14, 2007**  
 Mount Pearl, NL

**2nd IAAF World Road Running Championships**  
**October 14, 2007**  
 Udine, Italy





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**To submit a story or an idea for an upcoming issue  
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email [mgentes@athletics.ca](mailto:mgentes@athletics.ca)**