TERRY FREY THE CARILLON

Greg Penner completes his virtual Boston Marathon Monday morning in Steinbach in a torrid and personal best time of 2:32.52.

Mission accomplished in marathon run

by TERRY FREY

Two intrepid Steinbach marathoners, Greg Penner and Chris Schroeder, accomplished their goal in an early morning Labour Day marathon run in Steinbach as part of the 124th Boston Marathon, held virtually this year.

Although the run was conducted on the running track at Stony Brook Middle School and not through the hilly suburbs of Boston, nonetheless some of the dramatics of a marathon and the effort and perseverance it takes to complete one, were clearly evident to a fairly large contingent of supporters that were on hand to cheer them on in their endeavour.

The running of marathons at this time of year, during these unique times that we are living in, seems somewhat more appropriate considering the fact the country is marking the 40th anniversary of that inspiring, historic and nation-binding Marathon of Hope by Winnipeg-native Terry Fox.

Fox, who captivated the nation with his run, previously had a leg amputated due to cancer, but embarked on a cross-Canada run with an artificial leg, beginning in Newfoundland, running a marathon every day for 143 days, until his cancer returned and he was forced stop his run near Thunder Bay.

So when you see the accomplishments of runners like Greg Penner and Chris Schroeder, who trained for the big run on Monday, but still laboured through it all, it helps put into perspective just what Terry Fox went through every day, in extreme physical circumstances 40 years ago.

Both Schroeder and Penner set personal bests on the day, and they both attributed ideal weather conditions as a major factor in them being able to do that.

Schroeder set off on his run at 6:30 a.m., 105 laps of the 400-metre track. Penner, a faster runner, started at 7:00 a.m., with the goal of both finishing at about the same time around 9:30 a.m.

They did just that. Schroeder, who was running his 10th marathon, shaved five minutes off of his personal best time, finishing in 3 hours and 50 seconds, falling just short in his quest to break the 3-hour barrier.

Penner finished in a fast 2:32.52, beating his personal best by about four minutes.

Both of them had other runners running with them during the marathon. Schroeder had his friend Jeff English run for the first 20 miles or so, while three other runners – Gord Funk, Terry Penner and Shannon Dueck ran about 10 miles with him.

Running with Greg Penner for much of the way was Stefan Reimer, himself a past participant in the Boston Marathon.

With the temperature at about 6 degrees when they set off, and fortunately the gale force winds from the day before having died down during the night, it made for ideal running conditions.

Schroeder says having those runners with him helped immensely, "fatigue only set in at about mile 24, it is mental as much physical, but with people cheering you on every lap, it helped get through it."

Penner said the same. At a normal marathon, you might have family members see you pass by only once, but at this track they were there every lap and he says there is no question that it helped. He also said that running on the track, although monotonous, also contributed to the faster times.

He was also excited that they were able to turn their Boston Marathon run into an event that raised $1,165 dollars in total that went to the Steinbach Family Resource Centre school supplies drive.

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Chris Schroeder, after 105 laps of the track, crossed the finish line in a personal best 3:00.50.

And what's next for these two, now that the latest version of the Boston Marathon is in the books? For Schroeder, still a little sore and back in the classroom as a teacher at Woodlawn School, he plans to run again in the Manitoba Marathon on Oct. 11.

Penner, meanwhile, will be back at it this Saturday, as he will accompany Gord Funk from Steinbach, who will run his version of the Boston Marathon on the Mantario Trail in Whiteshell Provincial Park on Saturday. Needless to say, that terrain will be a little different than the predictable track in Monday's run.

Serving Seniors Inc.

Senior Lifestyles

PAT PORTER ACTIVE LIVING CENTRE

Pat Porter Active Living Centre
Steinbach
10 Chrysler Gate
Phone: 204-320-4600
www.patporteralc.com

Website: Check out our website at www.patporteralc.com.

Memberships: 2020 memberships are available for $30 per person. Join now to enjoy our member's benefits.

Please read carefully as programs have been temporarily altered. Phone ahead to register for the following programs, as space is limited.
Walking: Monday to Friday 8:30-9 a.m.
Coffee Corner: Tuesday and Thursday 10 a.m.-12 noon.
Pickleball: Monday and Wednesday 9-11:30 a.m.
Beginner Pickleball: Monday 1:30-4 p.m., Friday 9-11:30 a.m.
Drums Alive: Tuesday 1-2 p.m.
Yoga: Monday 1-2 p.m.
PACE: Thursday 1-2 p.m.
Floor Curling: Wednesday 1:30-3:30 p.m.
Craft Corner: Friday 1:30-4 p.m.
Games: Bingo on Friday, Sept. 18 from 1:30-3:30 p.m.
Badminton: Sept. 11, 15, 25 and 29 from 2-4 p.m. Limited space available. Please follow the pickleball (sign-up) link on our webpage.
Old Time Country Music: Wednesdays 7-9 p.m. Limited space available. Reserve your spot at 204-320-4600.

Special events
Paint Workshop: Sept. 17, 24 and Oct. 1 from 2-4 p.m. $10 per person. Space is limited. Call 204-320-4600 to register.
Theatre Audition: Sept. 17 from 5-9 p.m. "Sherlock Holmes and the Case of the Christmas Goose". For more information, contact devonlittlejohn@storytellersentertainment.ca.
Fall Fun Fest: Sept. 24 from 11 a.m.-3 p.m. Join us at our most exciting annual general meeting yet. Lunch, entertainment, raffles and more. The event will be held outdoors and in compliance with public health orders. Space is limited. Call 204-320-4600 to reserve your spot.
Foot & Calf Massage: We now have our own foot and calf massage machines. For more information and appointments, call 204-320-4600.

New
Classic Comedy Corner: Every Thursday from 11:45 a.m.-12:45 p.m. Step a moment back in time at our new weekly viewing of the classic comedy "The Golden Girls". A lunch of soup and a biscuit and complimentary coffee is provided when you sign up for $5. Please call 204-320-4600 to reserve your spot.

Community resources
Are you or is someone you know in need of help during this difficult time? We are here to help if you need assistance getting groceries, transportation or a meal delivered to your home. Call Carrie at 204-320-4604 if you need of any of these services or have questions.

Community Calendar book
This PPALC Community Calendar book (running from 2020 to April 2021) contains a variety of local business coupons and a place for you to record important phone numbers. It is only $10 with over $300 worth of savings inside. All proceeds go towards maintaining the Centre for you and providing the programs you know and love. Call us at 204-320-4600 to arrange for pickup.

Meals on Wheels
Getting tired or running out of ideas of what to cook? Our Meals on Wheels program may be just what you're looking for. Get a warm, delicious and nutritious meal (including dessert) delivered to your home, available now at the Centre for only $7. To see what's on the menu daily, visit our website at www.patporteralc.com. (Make sure to refresh the site to reflect changes.)
Ways to order: Call the kitchen at 204-320-4605 to place an order. You may order a single meal or meals for the week or whole month. To receive a same day meal you must call before 9 a.m. Payment can be either by credit card over the phone or with an invoice at the end of the month.

Rentals
Looking for a nice place to have your business meeting, family event or celebrations? Give us a call, email or come to the Centre and let us know how we can help you.

For more information on our programs, activities or volunteer opportunities Monday to Friday 9 a.m. to 4 p.m., call Sonja at 204-320-4603 or the reception desk at 204-320-4600 (fax 204-320-9098).

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Amanda Pierson (left) and Alix Martens are opening up a new gymnastics club in Steinbach called Tamarack Gymnastics.

New gymnastics club to open in Steinbach

by TERRY FREY

A couple of longtime gymnastics instructors are taking the plunge and will open a new gymnastics club in Steinbach that will begin instruction this fall.

Called Tamarack Gymnastics, they held an open registration yesterday in Steinbach. Those who have not registered can still do so through the website at HYPERLINK "http://www.tamarackgymnastics.ca" www.tamarackgymnastics.ca.

Amanda Pierson and Alix Martens, who been involved in gymnastics as competitors for the 25 years or so, and were both former instructors at Flippers Gymnastics, are heading up the new venture. They will be two of a total of five instructors at the new gym.

"This is something that I have wanted to do for a long time," said Pierson, "this year an opportunity came up for this and we decided to pursue it."

She says they will be moving into a facility later this month in Steinbach but was not yet at liberty to disclose the location as arrangements were still being finalized.

Both Pierson and Martens say the vision they have for the new gymnastics club will be of a family environment and their goal is to provide quality gymnastics instruction to all.

Streams being offered at the new club include recreational, competitive and specialty. Recreational gymnastics will start for children as young as 16 months to 3 years (Sprouts) and Seedlings (ages 4-5) as well as programs in trampoline and tumbling, among others.

More advance competitive instruction and fitness programs are also available.