

SIGNS

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According to Coates, the city provides up to \$4,000 to residents' associations for neighbourhood identification.

"They can take it from there and go in any direction they want," said Coates, adding street sign cappers have been a popular choice. "We have found that is probably your best bang for your buck visually."

Residents' associations form a committee that provides ideas to Coates for their signage.

"I take their ideas and put it on paper. I usually come up with two or three ideas. They usually pick one or mix and match," he said. "We have our own sign shop that does the work."

Summer is a busy time for the city's sign shop so it's currently doing all of its priority work. Once that work is complete, Sapperton's signs will be produced, followed by the Massey Victory Heights street toppers.

Coates said it's a good time for residents to put their orders in for street cappers. The signs can't be made on a one-by-one basis.

Sapperton residents and two developers rallied behind the program, sponsoring an additional 29 signs. The city's funds allowed for 40 signs to be made.

The West End Residents' Association is currently in the design phase, while the Queensborough Residents' Association is waiting for roadwork to be completed before deciding what type of neighbourhood identification to pursue. Queen's Park opted for four signs welcoming people to the historic neighbourhood.

Wandell is looking forward to having the signs installed in her neighbourhood. The street cappers are double-sided so people can see them from both directions.

"They are really beautiful," she said. "I am really proud of them. They really define neighbourhood. The colours are great. They will really stand out."

Wandell believes the

more signs in the neighbourhood, the better.

"We don't have a lot of decoration in our neighbourhood," she noted. "It will be something quite visual."

The Massey Victory Heights Residents' Association, which recently celebrated its second birthday, represents residents living between Eighth and 10th avenues and McBride Boulevard and East Columbia Street.

Residents wanting more information can call Susan at 604-525-3957.

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RUNNER

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During the race, Gorman ate three olives, which were salty, in the hopes to control her sweat, she said.

"I say more Hail Marys before a race than I do all year," she joked after taking a seat on a park bench.

The half marathon, however, was no joking matter.

"During it (the race) I felt really good running along UBC and by Jericho and Kits beach," Gorman said. "The Burrard Bridge was really tough, all uphill. The downhill didn't last long enough."

"You have to reach down inside yourself and pull out everything you got," she said. "It's really mental."

Gibbons said that although she was amazed she could run that far at 60, she was most im-

"Her husband was in the hospital and she still ran," Gibbons said. "She is absolutely amazing."

Gorman said running helped keep her mind off of things, adding that her husband is starting to beat his illness. "He wanted me to keep running to stay focused on something else," she said.

When Gorman is not running, she can be found swimming laps and playing table tennis.

On Thursdays, Gorman volunteers at L'Arche - a place where men and women with developmental disabilities, and those who assist them, live and work together.

"The thing you learn about there is acceptance," said Gorman. "I hug them and tell them that I love them no matter what."

As for running, Gorman plans to continue training and improving on her pace for the Victoria half-marathon expected this October.

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