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ON THE RUN



Run Ottawa



EVENT REPORT

WHAT'S HAPPENING WITH YOUR CLUB

By Dave Palmer

As much as we proclaim that running is a year-round pursuit, we all know that April and May are when race opportunities abound. Favourite events return for another year and there are many new races, such as the Cowpattie 10 Mile Relay (read on) on the scene as well.

In this month's edition of *On the Run*, longtime runner Doug McGinn gives his account of the endless winter just past and the challenges of preparing for the Ottawa Race Weekend half-marathon. Winter in Ottawa is never dull or predictable.

Certainly relevant to Doug's account are comments from several ROC members who are protégés of Paula Burchat's Tuesday night training group who ran the 2011 Boston Marathon. April could not have come soon enough as the trip to the most venerable of footraces loomed just ahead.

Dave Morrow, another ROC member, lets us in on behind the scenes preparations for the hydration stations for all Ottawa Race

Weekend events. Dave has been co-ordinator of this vital component since 2006 and can spin a few yarns about race day during that time.

April and May are when race opportunities abound.

We have another edition of Jim Robb's, **Coming Events**, a comprehensive calendar of races both near and a little further afield for those in search of a different race experience.

Finally, some news about our events, starting with our **Beaver Chase Series** that will kick off on Tuesday, May 10 and will continue for once monthly events in June, July and August from the Kanata Legion. The inaugural **Wildcat Series** gets underway with the first event on June 27 from Carine Wilson High School in Orleans. For both events, click on the 'Events' tab on runottawaclub.com

The 25th edition of the Bushtukah Canada Day Road Races will be staged from Earl of March High School on the morning of July 1. This information is also available on the club website with a direct link to online registration.

Finally, the **No Frills 10 Mile Road Race** has been given a facelift for this year's event, which is staged at the Central Experimental Farm on Wednesday, July 20. The **Cowpattie 10 Mile Relay** will make its debut. Teams comprised of two or three runners, can vie for the top three prizes in the men's, women's or mixed categories. All details will be up on the website, including online registration information.

Best of luck to everyone ready to toe the start line for one of Race Weekend's marquee races.



CHALLENGES, WEATHER AND OTHER ISSUES

By D. McGinn

If one waits for good running conditions to begin their Race Weekend training schedule, participation could result in an unpleasant outcome with the prize at the finish line being a nagging injury. Experience teaches that proper training is essential for any race distance and that this applies equally to those running at the front of the pack, the middle, and to those of us at the back.

Embrace Canada's beautiful winter and leave it to others to wait indoors to switch on the air conditioner.

Preparing for Run Ottawa's Spring Marathon must be especially difficult and my salt-stained toque always comes off to those of you who have managed sufficient prep time to complete this demanding distance. Regardless of the event, it is common knowledge that the "Bear on the Road" does not hibernate but morphs, like some X-Man anti-hero, into bone chilling slush, double digit wind-chill factors or undetectable ice patches.

Given the inclement weather and the dangerous footing, why is it that runners risk... cracking their carpal bones, the acquisition of a nose susceptible to frost bite or permanently wrinkled

feet? Their motto must be: "Embrace Canada's beautiful winter and leave it for others to wait indoors to switch on the air conditioner".

I support this attitude and here is how I approach a spring ½ Marathon: Having built up a fairly good running base in the old year, I cross-train from December to March and begin to re-focus on running as we get closer to April and Race Weekend. The weather usually determines my choice of each day's activity but I do purchase a Season's Pass for the Gatineau Park so I try to get out 2 to 4 times a week to skate-ski. These trails are "world class" and whether you ski the Park's road to work on technique or enter the Narnia-like wooded trails, the true beauty of winter activity is palpable. Winter's daylight may be diminished in length, but it offers 'a special hue' and the resulting colour tones do not exist in other seasons.

I try to time my out and back tour of the Rideau Canal for around dusk. The repayment is another impressive visual experience as well as an opportunity to share the excitement and pleasure of skating on the World's longest rink.

I enjoy speed skating at Brewer Park's Zamboni honed, outdoor oval. An added bonus is that a daily time slot on the inside track is reserved exclusively for pack or individual speed skaters.

Each week I like to get in a run along the Scott Street bike path (it is usually well plowed) or work on my balance by running on the unmaintained foot paths of the Western Parkway.

Cross-train from December to March and re-focus on running as we get closer to April and the Race Weekend.

I would be remiss, however, if I did not mention that the most important factor in my preparation has been the influence of RunOttawa's coach Paula Burchat. For three years now, she has freely offered her attention, energy and leadership to a growing cast of devotees who have benefited greatly from her weekly dedication and expertise. Although she likens her task to that of herding cats on the grounds of the Arboretum, her shepherding technique is gentle but demanding. This winter, for example, her cool/cold cats' running pedigrees varied from untrained kittens to Old Toms (no disrespect intended Mr. Lawson). Yet, she managed to create a cohesive, supportive group that respects and appreciates her guidance.

Now that running conditions have improved, her training becomes more challenging (hill reps, intervals, tempo runs and longer distances). Then again, on May 29th, I am confident my personal 'kick to the finish line' will include a knowing smile of gratitude... and a limited number of aches and pains.



SIOBHAN O'DONNELL

It was my first time running the Boston Marathon and I felt very privileged to be a part of this epic event! I was blown away by the logistics e.g., having to transport nearly 27,000 runners by bus to the start line was no small task. I was hoping to finish less than four hours (official race time 4:00:55) but found the course quite challenging (i.e., hilly). Nonetheless, the energy from the crowds and kindness of the volunteers really helped me keep an even pace. I met so many people with amazing life stories. It was a great trip overall and reminded me how fabulous life is!

Laurie Hardage

This was my first trip to the “show” (as a veteran referred to it) qualifying in the Ottawa Marathon last May. I have never had so much fun running a marathon! As coach Paula Burchat warned, this is a very tough course and the weather is so unpredictable. In the morning we froze in the Athlete’s Village and by race time I was searching for shade on the course because of the heat. With a solid hill training base it was 26.2 miles of over the top enjoyment. To experience first hand the incredible kindness and generosity of the people of Hopkinton to Boston is a privilege; these people love their marathon and all who run in it. For those who aspire to run Boston, my advice would be to keep trying. It’s a hard road to get there for most but because of that perseverance I was able to experience the Boston Marathon with my daughter, (Robyn) something I will never forget.

Peter Minnelli

Random images. 26,000 runners at Athlete’s Village sharing the same goal. High-fiving dozens of kids along the route. Wall to wall people cheering from start to finish. Feeling absolutely exhausted until seeing wheelchair athletes going up the Newton Hills backwards. Motivating “Go Canada” cheers at every block. Kissing a Wellesley girl with a sign that read “Kiss me and I won’t tell your wife.” Getting a Boston Marathon Medal at the finish line. Being congratulated by total strangers all the way back to my hotel.

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The board and staff of Run Ottawa are here to help answer questions and listen to your ideas and concerns. As an organization I believe we have great potential, but our success will depend on people volunteering a small amount of time, perhaps at a race, to enhance what we do.

Thanks,
John Halvorsen



ROBYN HARDAGE

This year was my second time running the Boston Marathon but it was an entirely different experience from last year. The lure of the atmosphere and the promise of a great day got me to the start line, but having just returned from an injury and six weeks of downtime, this marathon tested my determination and my mental toughness like no other race has before. Even though this was my second go at Boston, there were a lot of firsts. I tested out the medical services en route (ace service!), I sampled an array of orange slices and goodies offered by the crowds (mmm tasty!), I took a camera along my journey from Hopkinton to Boylston (great footage!), and I struggled with negative thoughts that raced through my head along the way. The support along the way was superb and helped me to get going from walk to trot, from the start to the finish.

CHRIS JERMYN

This was my seventh Boston and despite my marathon experience, I went out way too fast and became dehydrated. I knew I was in hydration trouble by mile 16 but managed to hang on and finish 50 seconds beyond my stated 3:30 goal. As a seeded athlete in the first corral of the second wave, starting 20 minutes after the elites had assembled there, I was overwhelmed by the history and tradition that surrounded that space as I waited for the start. What a super day to run with sun and a strong tailwind. Always a 42.2-km party and incredibly well organized. Hats off to coach Paula Burchat’s A’s and B’s, hill work and speed sessions.

RITA ABRAHAMSEN

Boston was everything people had told me, and more: Fun, supportive – and hard. The fun started even before the race, with the long bus ride and the waiting around filled with great runners from all over the world. When the second wave finally started, I could not hold my legs back and set off way too fast (despite what everyone had told me). I was blown away by the support along the route, especially by the girls at Wellesley and the people urging us up Heartbreak Hill. When it was getting really hard towards the last few miles, I thought of Paula’s advice; those long kilometre repeats along the canal; Michael waiting at the finishing line, and just kept putting one foot in front of the other. I was thrilled by my finishing time of 3:33:10 – not as fast as I had dreamed but faster than I had feared whenever missing a run. And now the big question is, do I go back for more next year? I think so. ■

KEEPING THOSE “RADIATORS” TOPPED UP ON RACE DAY

The volunteers who operate the Water Stations are ‘hands-on’ for all the events 5K and over on Race Weekend. These volunteers get up close to the athletes whether it is handing them a cup of Gatorade or water, a gel or a sponge.

With events on both Saturday and Sunday and all the action occurring in and around City Halls’ Festival Plaza during the week leading up to Race Weekend it takes a day to load the 5 trucks that deliver the materials needed by the 20 stations. Not all stations are the same. On the Saturday, only water is provided for the three stations that serve the 5K and the 10K. On the Sunday seven of the 17 stations are used for both marathon and half marathon, a Sponge station serves both events and two separate sponge stations that will help the marathoners deal with the heat of the day and rising body temperatures. Gels are offered to the marathoners at 18 and 32 K and the halfers get one at the 11K mark.

Early Sunday morning, well before dawn, the trucks take to the route and unload, hook up hoses to generous business and home owners and make sure all the materials are ready when the Station Captains begin arriving as early as 5:30 AM. Within minutes tables are set up and everyone is well under way mixing 18 litre containers of lemon/lime and orange Gatorade, filling at minimum 16,000 cups with later stations as many as 40,000. In addition, all stations have a separate table and a dedicated volunteer who watch over the ‘elite’ athletes hydration bottles. These were collected from the athletes the day before and kept in a secure location until delivered the morning of the race.

There is generally a brief lull and then the hordes arrive in a frenzy and the experienced volunteers say you can feel the energy of the pack well before it arrives and strip the tables bare. Volunteers scream out what they are holding in their blue gloved hands, cups splash out as contact is made between runner and volunteer, the runner inhales some fluid and moves on. Encouraging words are offered by the volunteers with the effect being appreciated

by the runners who nod or expel a thank you to the volunteers in the vicinity. Then it’s off to the next station 2-3 K away.

Many volunteers have participated in various races and want to repay the efforts put forth at the water stations. Others have a family member or friend participating and figure they can help out, yet many more have not been a runner but they admire and appreciate the work put into training to run a race. Whatever the reason the water station volunteers are the energy source, helping the athletes achieve their goal.

COMING EVENTS

Compiled by Jim Robb // robbe171@rogers.com

TUESDAY, MAY 10

BEAVER CHASE RUNNING SERIES opening race, Kanata, a Run Ottawa Club event. 1-mile and 4-mile distances. Start and finish on Innovation Drive, near Royal Canadian Legion at 70 Hines Road. Start time 6:30 pm, register at Legion between 5:30 pm and 6:25 pm. Fee is \$6 for 15 and older runners, \$3 for 14 and under. Complete all four races and you get a Beaver Chase hat. Second Beaver Chase is June 14, then July 12 and Aug. 11.

To get there: Hwy 417 to Eagleson/March Road exit, head northwest on March Road to Solandt Road (just past MDS Nordion) turning left at lights at Esso "On the Run" outlet. Take Solandt Road to end, turning right on Hines to parking at Legion. For information contact Joe Du Vall by email at operations@runottawa.ca or Ryan Cameron at Ryan@runottawa.ca

SATURDAY, MAY 21

COLONEL BY CLASSIC, 8K, 3K and Wylie Ryan 1K Dows Lake run. Details and entries at somersault.ca

SATURDAY, MAY 28 AND SUNDAY, MAY 29

OTTAWA RACE WEEKEND. All race weekend information is available at runottawa.com

SATURDAY, JUNE 11

BARRHAVEN RUN FOR ROGER'S HOUSE 10K, 5K races & 2.5K family event. – Longfields/Davidson Heights H.S. Details at barrhavenrun.ca

SUNDAY, JUNE 26

SMITHS FALLS FIGURE 8 5K and 2K kids run. Concurrent with Smiths Falls Triathlon/Duathlon. Information and entries at somersault.ca

MONDAY, JUNE 27

WILDCAT RUNNING SERIES inaugural race, 1-mile and 5K distances, start and finish at Cairine Wilson Secondary School, 975 Orleans Boulevard, Orleans. This is a Run Ottawa Club event in partnership with the school. Other races in series follow July 25, Aug. 22, Sept. 19. Start time for all but final race is 6:30 pm. Sept. 19 start time is 6 pm. Race format is similar to Beaver Chase series. Entry fee is \$5 for 13 and older runners, \$2 for 12 and under. Register at school on race day. Cairine Wilson Secondary School is 400 metres north of Jeanne D'Arc and Orleans Blvd. intersection, directly behind Convent Glen Shopping Mall. For more information e-mail Joe Du Vall at operations@runottawa.ca

FRIDAY, JULY 1

25th ANNUAL CANADA DAY ROAD RACES, Earl of March High School, 4 The Parkway, Kanata. A Run Ottawa Club Event. Presented by Bushtukah Great Outdoor Gear, 203 Richmond Road. 10K starts at 8 am, 5K starts at 8.45 am, 100 metre Tot Trot (children 4 and under) starts at 9.30 am, 1K fun run for kids (5-11years) starts at 9.45 am. Beneficiary is Kanata Food Cupboard and you can make donations online or drop off non-perishable food items at Food Cupboard tent on race day. Enter online at eventsonline.ca/events/canadaday to 4 pm, Sunday, June 27. For mail-in entry download entry form at runottawaclub.ca. Race kit pickup at Bushtukah Great Outdoor Gear, 203 Richmond Road, Monday, June 28, noon to 6 pm, Tuesday, June 29, 4 to 9 pm, Earl of March High School, Wednesday, June 30, 3 to 6 pm (last chance to register). Kit pickup race day at high school 7 to 8.30 am.

KRRA LIMESTONE MILE, Kingston. Two-loop course on King Street East and Ontario Street in downtown Kingston. Start and finish on Market Street. There is also a junior mile (13 years and under) and a high school mile (grades 9 – 12). Information and entries at krra.org

SATURDAY, JULY 2

MIKE COLLINGWOOD MEECH LAKE TRIATHLON. 8.30 am start. 1.2K swim, 22K cycle, 6.8K run. Details and entries at meechlaketri.ca

SUNDAY, JULY 3

SYDENHAM LAKESIDE 5K and 10K runs and 2K kids run. .Sydenham is just west of Kingston. Concurrent with Sydenham Triathlon/Duathlon. Information and entries at somersault.ca

SOUP-ER RUN, Petawawa. 5K fun run/walk, 10 am start. Benefits local St Vincent de Paul Soup Kitchen. Information and entries at runningroom.com

WOLFE ISLAND CLASSIC 2011, Marysville, Wolfe Island (you can see it from Kingston, ferry gets you there). 10K run/walk, 5K run/walk, 5K family run/walk. 9.30 am start. Course is on country roads around island. Information and entries at runningroom.com

SATURDAY, JULY 9

TRIATHLON DE GATINEAU, organized by Club Espoir, 7 am start, Parc du Lac Leamy (near the Casino). E-mail information at Triathlongatin-eau@gmail.com

SUNDAY, JULY 10

CARLETON PLACE HERITAGE 5K and 10K runs. Concurrent with Carleton Place triathlon/duathlon. Information and entries at somersault.ca

TUESDAY, JULY 12

BEAVER CHASE No. 3. A Run Ottawa Club event. See May 10 entry for details.

THURSDAY, JULY 14

10th ANNUAL TOUR DE POTSDAM. NY. 5 K run/walk starts at Potsdam Laundry parking lot. Information from Carol Zimmerman at 315-261-4760, e-mail carol@gethealthyslc.org. Registration starts at 5 pm, walk starts 6 pm, run starts 6.30 pm

WEDNESDAY, JULY 20

NO FRILLS 10 MILE ROAD RACE and **NEW THIS YEAR! RELAY TEAMS** Central Experiment Farm. Start is just south of NCC Scenic Drive. Both events start at 6.30 pm. The Team Event features 2 or 3 person teams who run 3 loops of the course. Register online at eventsonline.ca. If you want a traditional entry form e-mail Joe Du Vall at operations@runottawa.ca for an electronic form you can print out and mail in. Get your race kit at the start line 5-6.15 pm on race day. Full information at runottawaclub.ca This event is supported by Sports 4, non-profit, Friends of the Farm, and Central Experimental Farm. Benefits Friends of the Farm. Race partners with Run Ottawa Club are Sports 4 and New Balance Canada.

SATURDAY, JULY 23

OTTAWA MITSUBISHI CITY CHASE. Information and entries at runningroom.com.