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# ON THE RUN



Run Ottawa



## EVENT REPORT

### WHAT'S HAPPENING WITH YOUR CLUB

By Dave Palmer

#### ARMY RUN EXPO

The Run Ottawa Club set up a booth at this year's Army Run Expo to increase exposure for the club and to provide an opportunity to talk with prospective members. This effort was a big success—even if measured only by the number of new members who joined the club in the days following the expo.

Welcome to you all.

Many thanks to the following members who volunteered to be ambassadors for the club at the expo—you did a great job—**Brian Barber, Ingrid Berljawsky, Richard Borsos, Dennis Ferris, Jim Johnston, Sylvia Manning, Nancy Morrison, Fred Pelletier, Doug Pritchard, John Ramcharan, Jim Robb, Elaine Robertson, Mark Roundell, Monique Saikaley, Leon Sutherland and Raleigh Young.**

#### CLUB APPAREL

Also at the Army Run Expo, we displayed prototypes for the line of club athletic apparel that will soon be available to members. Hope many of you were able to stop by the booth to have a look—they look great! We have had some unexpected delays in getting this launched, but we are now finalizing all the logistics



(e.g., how to select merchandise and place orders, how deliveries will be made) and ensuring that you are getting the best possible pricing for this gear. We expect to be able to officially offer this shortly—and will be sure to let you know when that happens. Many thanks to Dennis Ferris for continuing to lead our efforts on this initiative!

#### CLUB RACES

By the time you are reading this, both the Jim Howe Cross Country Races and the Cookie Run will be complete—see race director **Glendon Pye's** report elsewhere in this newsletter. Full results for both events are posted on our website.

That means that next up our race calendar will be the 29th annual Richmond 5K and 10K Road Races. See race director Joe Du Vall's article elsewhere in this newsletter for further details. Don't miss this opportunity to see why, on the third Sunday of every January, area runners have been saying "All roads lead to Richmond"!



#### NEW SERIES OF RUNS STARTING IN 2011

We are very excited to announce the launch of a new Wildcat Series of runs in the coming year, modeled after the popular Beaver Chase series in Kanata. This new series of low-key, participation-oriented runs will be held in Orleans, with a choice one-mile or 5K distances. A portion of proceeds from the Wildcat Series will be donated to the Cairine Wilson SS Cross-Country and Track & Field Wildcats team, who—with their athletics director and ROC member **Sean Clancy**—are working with Run Ottawa to present these events, including providing much of the race-day support.

The first run of the series will be held on Monday, June 27—further details will be provided in the Coming Events section of our website.

#### WEEKLY SOCIAL RUNS IN KANATA

Great news for club members in the west end: **Janis Phillips** and **Monja De Luca** will be leading runs from the Kanata Leisure Centre, 70 Aird Place, Thursdays at 6:30 pm. The first of these weekly runs will be on Nov. 11.

These runs are open to all members. The intent is to provide the opportunity to meet and do a relatively non-stressful run with other club members. Initially, Janis and Monja will offer a choice between a shorter (~5K), slower paced run and a longer (~10K), more moderately paced run. However, they expect to adjust the specifics in future weeks to reflect the interests of participants. Come on out for these enjoyable runs with some friends that you may not have met yet!

Get in touch with us at [dprunlong@hotmail.com](mailto:dprunlong@hotmail.com) if you would like to play a leadership role in getting social runs started elsewhere in the city. We are keen to support such initiatives—all we need are the volunteers to step forward!

#### "JINGLE BELLS" CLUB RUN

Also on a social note, the Run Ottawa Club will be hosting a fun Jingle Bells Run, on Saturday November 27 starting at 8:30am. Meet at the Tim Horton's, at the north-west corner of Hogs Back and Prince of Wales for a fun run of 10K or less (your choice). Bring your "entry fee" of a food item to be donated to the Ottawa Food Cupboard. Santa hats, bells and/or antlers are recommended. A Christmas treat will be provided to all finishers, who can retire to Tim's for revitalizing food and drink. Check our website, or contact **Shari de Jong** ([sharidejong@rocketmail.com](mailto:sharidejong@rocketmail.com)), for further details.

Looking to improve  
your times over your  
2010 results?

#### TUESDAY TRAINING SESSIONS

Have you picked a goal race for the spring? Are you looking to improve your times over your 2010 results? Consider joining the Tuesday night training group, coached by **Paula Burchat**.

Sessions take place every Tuesday evening, starting at 6pm in the Arboretum. These workouts feature a variety of speed, hills and tempo runs which are designed to accommodate runners of all abilities. Each week, everyone does basically the same workout, but at a pace that suits individual abilities.

The November and December workouts reflect a late-season maintenance plan (a good time to try them!) A new cycle of workouts will start in the new year to build towards goal races in the spring.





# RUNNING WITH RON

By Tim Scapillato  
October 10, 2010

»FROM the sands of the Sahara Desert to Sandbanks Provincial Park, Ron Hackett has run some inspirational races. His performance in this year's Prince Edward County Marathon may not have been legendary, but it was certainly gutsy. And I got to witness it up close and personal.

My run with Ron started when I joined Won with One, a national program focused on the personal development of the blind and visually impaired using triathlon as the catalyst for change. Run by Jan Ditchfield, Accessible Sports Program and Development Manager with the Canadian Council of the Blind, Head Coach Cathy Rober and elite Paratriathlete Ryan Van Praet, Won With One recruits guides and matches them with blind and visually impaired triathletes.

I became aware of this organization through a Tri-Rudy posting in which Jan was recruiting volunteers to become guides. I decided to answer the call and followed the link to their website where I filled in an online guide application. A few weeks later I was invited to attend a training session with several others who had also signed up. Not long after that, I noticed another posting by Jan, this time on the Won With One Facebook page, in which she put out the call for someone to guide a blind runner who was trying to qualify for Boston. I answered the call once again, and was soon given an e-mail address for Ron Hackett.

Before contacting Ron I Googled him to see what I could learn, and what I discovered blew me away. I came across a YouTube video, which was an excerpt of a television documentary on Ron and his crossing of the Sahara Desert on foot in five days in 2009. I also learned that he has completed

over 30 triathlons, including two age-group placings at the World Cup level. Feeling suitably humbled and intimidated, and wondering if I'd be able to keep up with him during a marathon, I contacted Ron and we began making arrangements for marathon weekend in Prince Edward County.

The key, as Ron explained it, is to run it like a three-legged race, with our inside legs moving in unison.

With absolutely no guiding experience, I began to wonder what I had gotten myself into. Fortunately, Ryan was available to take me out for a practice run in the Experimental Farm the weekend before the PEC Marathon. So, with 90 minutes of guide training under my belt, I headed off to Picton with my wife, Marian, to pick up the race kits and drive the course on the following Saturday. I familiarized myself with the race route while Marian planned where she would meet us to take photos at several strategic spots along the way. The course begins in Wellington, then winds its way through Sandbanks Provincial Park and the surrounding countryside, before finishing in downtown Picton. Aside from a few rolling hills, the course is fast, flat and very scenic. It was looking good for a Boston qualifier.

After scoping out the route, we headed to Kingston to meet Ron and his partner, Karen Craig, and to go for a short run together. As it turned out, Ron

ended up guiding me through the neighbourhood that he has lived in for the past 30 years. He gave me some quick pointers on how he likes to run with a guide, and I did my best to accommodate. We seemed to get in synch pretty quickly, which was a promising sign. The key, as Ron explained it, is to run it like a three-legged race, with our inside legs moving in unison. With his left hand hooked onto my right elbow, and our inside legs moving in tandem, we ran easily through the neighbourhood, and I felt a little more confident about my job as a guide heading to the race the following morning. However, I was a little less confident about Ron after he told me that his last marathon was about seven years ago, and that he really had only been training for this one for a couple of weeks because he hadn't been able to find sighted training partners.

After our short run, Ron had to head out for the evening. He is a drummer and he had a gig to play that night. He was unlikely to get home much before 2:00 am, just a few hours before we would pick him up for the drive to the start line in Wellington. When I realized that Ron was planning to run a marathon on two hours of sleep and two weeks of training with a rookie guide, I started to become apprehensive again—more for him than for me. This would be my first inkling of how tough and resilient this man is. Considering that he had recently run across a desert, this really shouldn't have surprised me. Nor should it have surprised me when he confided in me that his goal was to qualify for Boston “honestly”—blind runners must finish a marathon in under 5 hours in order to qualify, but Ron wanted to finish in under 3:45, the cut-off time for sighted runners in his age group. If there was any chance of him doing that, it would be on the fast PEC Marathon

route—even with a sore back as the result of pulling a muscle while packing up his drums after the show the night before.

Marian and I spent the night at Karen's house and enjoyed a relaxing soak in her hot tub to cap off the evening. Karen wouldn't be able to join us the next day as she was running her first-ever 5K race in the Run for the Cure (which she successfully completed in 45 minutes). When Marian dropped us off at the start line at 7:00 the next morning, it was breezy, overcast and cold. But at least it wasn't raining. That was the good news. The bad news dawned on me about 15 minutes later when I realized that I had forgotten to wear my Garmin. Not only was this going to be my first time running as a guide; it would also be my first time pacing a race with an analog Cardinal wrist-watch.

As we lined up at the start line Ron explained that the biggest challenge he faces when running in a crowd is stepping on people's heels. He suggested that we move off to the side where we might find a bit more space for the first kilometre or so. When the gun went off and the crowd began its ritual start/stop run/walk, I did my best to maneuver through the crowd, searching for space and keeping Ron away from the heels of the runners that surrounded us. After the first kilometre we had enough space to settle into a comfortable pace. We passed the 5K marker in approximately 27 minutes. Factoring in the 30 seconds that it took us to cross the start line, I guessed that we were on pace for a sub-4 hour finish, but at such an early stage in the race, that was still very theoretical.

The first goal was to finish with a qualifying time and he didn't want to jeopardize that by burning out before the finish line.

We passed 10K in 52 minutes, running comfortably. By now we had mastered the three-legged running technique and were running as one. Before we started I wasn't sure how it would feel to run for four or five hours with someone holding onto my elbow, but after the first hour I barely noticed it. The next seven kilometres flew by as we discussed music, concerts that we had attended, and bands that Ron has played in. We passed 21K in 1:52, still

feeling strong, and looking forward to the run through Sandbanks Provincial Park. At this point I calculated that a 3:45 finish was within reach, but we'd have to pick up the pace in the second half. Ron decided to play it safe, however, and not start increasing the pace too early. Given his lack of sleep the night before and his lack of training, that was a wise decision. He explained that the first goal was to finish with a qualifying time and he didn't want to jeopardize that by burning out before the finish line. Up to this point our pace had been very consistent and I felt that we could hold it all the way to the end. We could pick it up in the final couple of kilometres if he had anything left in the tank.

After passing through Sandbanks we changed direction and headed northeast along East Lake toward Picton. The wind blowing off Lake Ontario was now at our back. We lost the cooling effect of the breeze, but it made the pace a little more comfortable as we began the last 15K stretch. At this point, I told Ron that we had a 10K and a 5K run left to get to the finish line. “Which one do you want to do first?” I asked. “Let's get the 10K over with,” he replied. Now it was simply a matter of maintaining the pace and knocking off the kilometres. The “hills” between 32 and 38K were a bit of a challenge, but only because of where they were on the course, not because of their relatively mild grade. We passed 40K just before turning onto the main street of Picton, where we picked up the pace in hopes of finishing in 3:45. But without a Garmin this was still just a rough estimate. As we rounded the final corner the the finish line was in sight. It was at this point that I realized that this overall flat race course ended at the top of a hill, but by this time that didn't matter. I told Ron that I thought we were close to our goal time, so we picked up the pace even more and hoped for the best. As we crossed the finish line I saw Marian's smiling face to greet us, and then noticed the overhead clock turning to 3:50. I knew that even the slight delay getting over the start line wasn't going to be enough for a chip time of 3:45. But Ron was thrilled that he was going to Boston next April.

Never one to sit still for long, Ron was back at it later that afternoon, playing another gig in downtown Kingston, still running on only two hours of sleep. This is the kind of stamina that will serve him well as he makes his way through the Newton Hills next April. His goal: train hard and finish his first Boston in under 3:30. Many things surprised me about this man, but not that prediction. I have no doubt that this goal is well within his grasp. ■

## RICHMOND ROAD RACES JANUARY 16, 2011

By Joe Du Vall

The Run Ottawa Club presents Richmond Road Races, the winter classic that will return for its 29th edition on Sunday, January 16, 2011.

First, a little history if I can so indulge, not about the 5 and 10K races but the town of Richmond, a military settlement that was established shortly after the war of 1812. It was named after the Duke of Richmond, who came to settle there and met his untimely demise back in 1819, a victim of rabies contracted from the bite of a rabid fox. As much as the village was named after the Duke, the fox enjoys almost equal celebrity if one drives around the outskirts of Richmond. An image of a smirking fox adorns the “Welcome to Richmond” signs at its boundaries. At one time there was even a local clothing store named, “The Foxy Lady and The Duke,” that stayed in business for about as long as the Duke did after being inflicted with the fatal nip. The other famous landmark in Richmond is the local bakery, located at the corner of Perth and McBean Streets. I don't know how many of you who make the pilgrimage to Boston every year give much thought to the history of the area and whose footprints you are running in, but for those who do, trust this little snippet about Richmond has been of interest.

Registration for this year's event is available through the club site at [www.runottawaclub.com](http://www.runottawaclub.com) and you can get all details including a map of both race routes and when available, a look at the race T-shirt given all entrants. The one thing not in all the race information is the atmosphere at Richmond. As race director since its inception, the pre and post race ambiance is special. It is the first real race of the New Year and people have not seen one another for a few months. People huddle in clusters before the race and convene at tables inside the cafeteria afterwards, enjoying the hot soup, grub and post race banter. We did not create it, runners have throughout the years. If you haven't been part of this event before, please join us. To the regulars who support the race year after year, we look forward to seeing you again.



## EVENT REPORT

### COOKIE RUN AND JIM HOWE CROSS COUNTRY 2010

By Glendon Pye

#### COOKIE RUN

Some times predicting the size of a race is like forecasting the weather a month prior to the event, a shot in the dark. You can plan based on past experience, but then things start to get out of hand. Case in point, this year's Cookie Run.

Always held on the first weekend in November it's the last chance for many people to take a shot at a PB and also the "graduation" for a number of Running Room clinics. Last year there were about 330 finishers in the three events (10km, 5km and kid's 1.5 km), about normal.

This year's field boasted close to 550 finishers, adding a couple of grey hairs to the race director's head. The races are a fundraiser for the Detinu Travel Group, a branch of the local Girl Guides, and the date coincides with the fall cookie sale, making the age category prizes of a box of Girl Guide cookies very appropriate. The events take place on the Montreal Road Campus of the National Research Council. The course is a 5 km loop, the only hill being at the start (old timers might remember the course from monthly NCRA time trials eons ago). You can look up who ran what time on the club web site and not bore you with those details, however a good time was had by many, if the smiles had any validity.

I'd like to thank the organizations who supported the event, namely Running Room, St. John Ambulance, National Research Council and Loco Sports. However without the continued support of the following race crew the event would never get off the ground: Ken Trischuk, Jim Margeson, Pat Kelly, Paul Turner, Donna Laramée, Bob Cumming, Heather Mack, Andy Ledger, Peter Minnelli, Raleigh Young, Andy Ledger, Chris Jermyn, Donna Laramée and Steve and his sons.

#### JIM HOWE CROSS COUNTRY

It's not often you see people hoping for rain before a race however this is often the case before the Jim Howe Cross Country. The rain usually makes this event an awful lot more interesting, not to the point that you get the shoe sucking mud that the Mer Bleue cross country course was famous for, but your clothes and shoes will not come out unscathed.

With all the rain the Ottawa area received in September and early October, plus a couple of high school cross country meets in the weeks leading up to the event, the course was in fine shape, as even the soccer fields were saturated. The event uses the trails around the Hornet's Nest Soccer Fields and Green's Creek pathway system in Blackburn Hamlet.

Although much of the terrain is flat there are some significant elevation changes leading to the Creek and on the toboggan hill. The weather blessed us with sunny skies and comfortable temperatures on race day as just over 100 people participated in one loop or two races (approximately 6 or 12 km).



Since this wasn't a conventional 5k/10k event people weren't worried about their times and concentrated more on enjoying themselves, leading to a much more relaxed atmosphere around the event. If you're interested in seeing who won, take a look at the results online on the club web site.

Proceeds from the event are directed to a scholarship at Queen's University set up in memory of Dr. Jim Howe who was one of the founding members of the Carleton Sports Medicine Clinic and a long time member of the Run Ottawa Club's predecessor, the NCRA. The event went off without a hitch thanks to the support of the following businesses and volunteers: Bushtukah, St. John Ambulance, Loco Sports, Ken Trischuk, Pat Kelly, Dick Murray, Raleigh Young, Gerry Hare, Tom Lawson, Sheila Casey, Chris Jermyn, Gerry Hare, Jorge Teixeira, Donna Laramée, Kevin and Nora Shoom, Katie Reid, Kelsey Cooper and probably a couple other people I've forgotten.



# WE RUN WITH PRIDE

### GAY PRIDE FIVE MILER 2010, NEW YORK CITY

By Tom Lawson & Sheila Casey

**»IT WAS** a hot and steamy New York morning as the 29th edition of the Front Runners New York Gay Pride five mile race kicked off Pride Week-End in the Big Apple. The race is organized by the 500 member Front Runners New York Club. Founded thirty years ago the club is primarily a running club for gays, lesbians and LGBT friendly athletes. It offers Saturday morning group runs, Wednesday fun runs, Brooklyn speed training nights and a regular social component of bagels and coffee. All the sort of things that Run Ottawa aspires to be.

In conjunction with the New York Road Runners Club, the race is held within the confines of the magnificent Central Park. We have been visiting Central Park for almost thirty years and each trip finds us discovering a new trail, a new pond or a new secluded nook. Almost 4000 runners were corralled with military efficiency along the winding pathways of Central Park. Runners seemed to have special respect for the volunteers as they ensured that your bib colour corresponded to the proper corral. At five minutes to the gun corrals closed and if you were not in yours you started from the back of the pack. No jumping over fences here.

The race begins at the fabled Tavern on the Green. Sadly it is now shuttered in the aftermath of a lease dispute with the City of New York. This location also acts as a finish line for the New York City Marathon. A statue of the fabled Fred Lebow, a long standing President of the NYRRC and founder of the New York Marathon watches over the runners.

Proceeding counterclockwise through the park, one passes the Dakota Apartments off to the west, the ominous final residence of John Lennon.

One is running in the opposite direction from what finishers would do in the New York City Marathon. We proceed east running parallel to Central Park South with the fabled and recently renovated Plaza Hotel on Fifth Avenue. At this point the race heads northward, taking a few dips and climbs through the park. We reach the back of the Metropolitan Museum and can see the summers art installation in the roof top sculpture garden. "Big Bambu" (sic) is a 40 metre high construction of bamboo poles tethered together.

The race continues on past the famous Central Park Reservoir (it has a splendid running track around its perimeter), the Guggenheim Museum out on Fifth Avenue before it makes a turn at 104th Street. The western part of the course offers a couple challenging hills for the racers and a final water table at the fourth mile.

Almost 4000 runners were corralled along the winding pathways of Central Park.

Solving the issue of water tables at a race of five miles for nearly 4,000 runners is easily solved by the New York Road Runners. Rather than having a hundred volunteers at the water tables they simple load tables with water stacked five high on trays. Runners simply help themselves from the tables. As one layer is taken a volunteer removes the large sheets of rigid plastic. With each water table groaning with over 6,000 cups of water this proves to be a very efficient practice.

The final drive on to the finish line is a welcome one. After crossing the line a vast army of volunteers thrust Popsicles (in the Pride colours), bags of pretzels and bottles of water into your laden hands.

The awards ceremony in the Sheep Meadow offers a rather stunning backdrop: the skyline of New York. Prizes were also in keeping with this rather august scene: a week for two in Vienna, two plane tickets on Continental Airlines and \$5000 in prize money (Sheila managed to snare some U.S. dollars by finishing second over 50).

Proceeds from the race were ear-marked for SAGE, a services and advocacy group for GLBT elders. This is the world's oldest and largest non-profit agency that serves lesbian, gay, bisexual and transgender older adults.

With the race completed we were now able to embark on a week of new discoveries in what is arguably the most exciting city in the world. I suspect that no matter where you ply your trade in the world in the top levels of finance, the arts, publishing and cuisine you will some day try to make it here. The vibrancy and vast options of the city are reflected in the myriad of events and services provided by organizations such as Front Runners New York and the New York Road Runners Club. ■

*Tom Lawson and Sheila Casey travel to New York once or twice annually and always try to fit in a fixture from the New York Road Runners Club. These have included the New City Marathon four times, the Bronx Half Marathon three times and the Gay Pride Five Miler twice.*

# THE ROAD TO RECOVERY

By Sylvia Manning

»IF YOU have been running for some time the chances are you have had to take some time off to nurse an injury. Shin splints, plantar fasciitis, knee pain; these are among the laments of runners who have been forced to slow down or take a break from running.

Then there are the runners who have had to face a medical diagnosis which seemed to preclude them from running ever again. Some were lined up in front at the Canadian Army Run in September and many of us wiped a surreptitious tear when we watched these wounded veterans lead us all out of the starting gate.

Runners can make disciplined if sometimes difficult patients. They understand the importance of endurance and focus. Many overcome serious illnesses the same way they trained: one day at a time, one race at a time. Those who do so have an important, motivating message for the rest of us.

We hope this article will become the first of a series to highlight the inspirational nature of this process and help the rest of us put our aches and pains into perspective.

It is hard to imagine how the road to recovery looks from my friend Linda's perspective. The avid runner and mother of a teenage daughter and nearly teen son loved to share her passion for running with others through clinics at the Bank Street Running Room.

She also edited and published *Canadian Marathon Stories*, a compendium of stories from marathoners across Canada which raised money for CanFund. The summer of 2009 found her fitter and healthier than ever. Linda ran 50 km to support a friend in a charity run and was planning an exhibition and fundraiser in December for her friend Ray Zahab's foundation.

Then on October 6, 2009, Linda suffered a brain aneurysm which required three surgeries to stem blood flow and reduce swelling in her brain. A permanent plate was placed in her skull and

she remained in a coma until mid-November. Once she regained consciousness the fight was on to control and direct fluid to try to push out the collapsed right side of her brain.

Linda's husband Carl calls the past year "one of very slow but good progress." By mid-February Linda was able to whisper so her family and friends could communicate with her. Linda moved to the Saint Vincent Hospital in May and began receiving some physiotherapy. Her right hand and arm were functional, her right leg less so, and the left side of her body was essentially paralyzed. At times different parts of her brain were not "awake" and Linda began characterizing the battleground between the two sides of her brain as one of competing personalities. Her vision was initially poor but began steadily improving.

During a visit in August I brought along Katherine Switzer's book *Marathon Woman* and began reading a chapter or two during our visits. It was exciting to see Linda's face light up with recognition when I showed her the book. It was easy to confirm her assertion she had read it before because she began laughing in anticipation of a funny part in the first chapter. It seemed to me Linda had run that important first stretch of her recovery marathon, the part where she had set her intention to see it through to the finish, however long it would take.

Then in September Linda suffered the dual blow of the death of her mother and an infection. This seemed to launch a depression which moved the clock back on her recovery and inhibited her ability to communicate.

Carl noticed too that September, a busy month for everyone, slowed the flow of Linda's regular visitors down to a trickle.

October 2010, one year after the aneurysm, finds Linda stronger again. Her beautiful, wide open smile is back and with it improved responsiveness and the ability to state preferences and make decisions. Carl is working on loading family photos into a digital frame to provide visual stimulus and

assist in reconstructing her recall of important memories. Hopefully by Christmas, when he plans to surprise her with it, Linda will be even further along in her recovery. But it still promises to be a long and difficult race ahead.

Training for and completing a marathon teaches skills useful in meeting the challenges of daily life. Every marathon runner has learned to dig deep for strength somewhere in their race and no doubt this experience will continue to help Linda in her long recovery process. But there is also no doubt Linda will need more in the form of support and encouragement from those who care about her.

Carl's photos in the digital frame will remind Linda of the family she is fighting to rejoin. The other project in the works for Christmas is a "recovery quilt" to wrap Linda in the warmth and caring of her family, friends and community. A total of 144 quilt blocks signed with the thoughts, best wishes and prayers of Linda's cheering section will form part of a large, colorful quilt. We hope those words of encouragement will lend some extra strength to Linda in the long road to recovery ahead.

For information on how you can sign a quilt square e-mail [sylvia.manning@td.com](mailto:sylvia.manning@td.com).

If you wish to be added to Carl's e-mail distribution list for updates on Linda's progress the e-mail address is: [jcwagar@entrenet.com](mailto:jcwagar@entrenet.com)

If you have a story about your road to recovery for future issues of this newsletter you are welcome to submit it to Dave Palmer at [dprunlong@hotmail.com](mailto:dprunlong@hotmail.com) or Chris Jermyn at [chris@jermyn.ca](mailto:chris@jermyn.ca) ■

*Sylvia Manning lives, works, runs, bikes and now quilts in Ottawa. She is occasionally accompanied on her canal runs by her dog Ruby and has introduced three young adult children to running.*



## EVENT REPORT

### OTTAWA RACE WEEKEND 10K FROM THE LEAD VEHICLE

By Manny Rodrigues

As a quick introduction, I'm the elite athlete coordinator for Ottawa Race Weekend. One of the biggest perks of the job is that I get the best seat in the house when it comes to watching the race unfold. I hope this article can convey not only the splits but some of the excitement of racing.

#### LEAD UP

The 10K field wasn't as deep this year as last year. The men's field was mainly Deriba Merga trying for the world record (WR) again (27:00 flat) and then 10 others who should have been capable of running in the 28-29-minute range.

In the women's field, it was more wide open. Ethiopian Dire Tune was the favourite, but there were roughly seven who could run under 33 minutes, of which four could contend to win.

As Merga was hoping for a WR, Lelisa Desisa (also Ethiopian) had been paid to help pace him through the first 5K. I was hoping for greater success than last year when pace went out too hard and neither of the two pacers spoke Amharic (Ethiopia's official language) and Merga didn't speak English. Speaking to Merga the day before, we talked about what pace he was looking for. He wanted 2:40/km. So, I asked him if he was going for a 26:40. No, he wanted a 27:00 flat pace. I then had to show him the math that he really wanted 2:42/km and not 2:40/km. Hopefully one crisis averted.

The final piece of the puzzle for the 10K was the gender differential. This year it was picked at 4:07. While it was the highest differential, it was still within seconds of previous years (it has been between 3:52 and 4:05.)

#### RACE TIME

The women went off without a hitch. I had two vehicles in front of them reporting back the splits. Reports were that Tune went off hard and that a group of three had formed behind her. First split I have is at 3K – in 9:08, a 30:30 pace and close to the WR of 30:21. By 5K, with the Lakeside hill and lack of competition, she slowed slightly to hit it in 15:43 (31:26 pace).

By Pretoria Bridge, with roughly one mile to go, it was back to a three-man race.

Meanwhile, the men started. Desisa, the pacer, went to the front. Merga went with him as expected. What was unexpected was that Mohammed El Hichimi and Robert Letting tagged along. The first kilometre was way too fast at 2:30, but things settled by 2K, which was at a 2:42 pace. By 2K, Letting had also dropped back, but El Hichimi was holding strong. The 3K mark was hit in 7:57 (a 2:45 km) which equates to a 26:30 pace but was due to the first kilometre being too fast. If they could hold 2:43/2:44 from here on in then we'd be set. Unfortunately the fourth kilometre was in 10:46 (2:49 km) and the fifth in 13:36 (2:50 km). So, WR still barely within reach and the uphill kilometres out of the way.

The surprise for me was that El Hichimi was still in there with Merga. The sixth kilometre was in 2:49, so the WR was out the window, Desisa finally relinquished the lead and slowed to a jog. He had done a good job of pacing, so I gave him the thumbs up. Essentially that meant he would get paid and that he was also allowed to finish. It was now a two-man race—Merga and El Hichimi.

The backstretch along Colonel By had a strong headwind. Tune had continued to run alone but her pace had slowed. She hit 6K in 16:27 and 7K in 22:10 (roughly a 31:45 pace). The three behind her – Emebet Bacha, Rehima Kedir and Hyvon Ngetich were starting to string out and by 7K were being passed by Merga and El Hichimi. The men ran the seventh kilometre in 2:52 and the eighth in 3:02.

But coming back on them was Lelisa Desisa. He had started running again and the slow 3:02 kilometre allowed him to close on the leading two. By Pretoria Bridge (roughly one mile to go), it was back to a three-man race. It was also going to very close as to whether the men could catch Dire Tune.

At 9K, Desisa and El Hichimi surged and it was Merga who dropped off. Tune would hold the men off by only four seconds and take the win in 32:11. Desisa won the men's race in 28:08—the second fastest 10K time in Ottawa 10K history. El Hichimi was only 2.5 seconds back and had the third fastest time. Merga faded badly, finishing 33 seconds behind Desisa but still good enough for third.

# COMING EVENTS

Compiled by Jim Robb // [robbe171@rogers.com](mailto:robbe171@rogers.com)

## SATURDAY, DEC. 4

### SANTA SHUFFLE 5K fun run, 1K elf walk.

Start at 10 am, Dows Lake in Ottawa. Salvation Army benefits. Corporate and family team entries plus individual entries. Information and entries at [www.runningroom.com](http://www.runningroom.com).

## SATURDAY, DEC. 11

### FROZEN FOOTE FOUR-RACE SERIES

gets underway in Canton, N.Y. Four-miler starts at St. Lawrence University. Register from 9:30 am in lobby of Appleton Arena at the university. Race start is 10:30 am. \$5 US for all four races or \$2 per event. Complete four and you get a commemorative T-shirt. Information from race director Peter Feickert 315-229-5559 or 315-379-9784, or e-mail, [pfeickert@verizon.net](mailto:pfeickert@verizon.net).

## FRIDAY, DEC. 31

### RESOLUTION RUN. 10K run, 5K run/walk.

6:45 pm start on Colonel By Drive near Pretoria Bridge in Ottawa. Runners get Resolution Run jacket with entry. Out and back on Colonel By Drive. 5K turns at Seneca Ave., 10K turns at Heron Road bridge. Information and entries at [www.runningroom.com](http://www.runningroom.com).

## SATURDAY, JAN. 8, 2011

### FROZEN FOOTE SERIES, race 2

(see details above)

## SUNDAY, JAN. 16

### RICHMOND ROAD RACES

Run Ottawa and Bushtukah host this annual event – one of the first of the New Year! – which features 5K and 10K road races.

Race Kit pick up and event registration takes place at Bushtukah Great Outdoor Gear, located at 203 Richmond Road, between 10:00 AM–2:00 PM on Saturday, January 15, 2011.

Race day kit pick up takes place at South Carleton High School, between 8:00 AM–9:45 AM (there will be no registration on race day).

For more information or to register online, visit [runottawaclub.com](http://runottawaclub.com)

## SUNDAY, JAN. 23

### HYPOTHERMIC HALF MARATHON

run, walk in Ottawa. Start time 8 am. Runners enjoy post-race brunch. Additional brunch tickets \$30 each. Information and entries at [www.runningroom.com](http://www.runningroom.com).

## SATURDAY, FEB. 5

### WINTERLUDE TRIATHLON. 8K skate, 5K ski, 5K run.

Start 9 am at Dows Lake Pavilion in Ottawa. Course on Rideau Canal and through Arboretum. Information and entries at [www.zone3sports.com](http://www.zone3sports.com).

## SATURDAY, FEB. 12

### FROZEN FOOTE SERIES, race 3

(see details above)

## SUNDAY, FEB. 20

### WINTERMAN MARATHON. Includes marathon

relays, half marathon, plus 10K, 5K, 3K events. Start and finish for all events at Canadian War Museum. Course is 5K out and back loop along Ottawa River. Information and entries at [www.somersault.ca](http://www.somersault.ca).

## SUNDAY, FEB. 27

### PETERBOROUGH YMCA HALF MARATHON

and 5K run/walk, 1K kids run. Half marathon starts at 11:30 am. Information and entries at [www.runningroom.com](http://www.runningroom.com).

## SATURDAY, MARCH 12

### FROZEN FOOTE SERIES, race 4

(see details above)

## SUNDAY, MARCH 27

### AROUND THE BAY ROAD RACE, in Hamilton,

Ont., 30 tough kilometres. 9:30 am start. Also 30K walk, 5K run/walk and relays. Enter early, this race fills up fast. Information and entries at [www.aroundthebayroadrace.com](http://www.aroundthebayroadrace.com) and [www.runningroom.com](http://www.runningroom.com).

## LOOKING AHEAD

## SATURDAY AND SUNDAY MAY 28, 29

OTTAWA RACE WEEKEND, highlighted by the Ottawa Marathon.

## I THINK WE HAVE AN EXCELLENT GROUP OF VOLUNTEER BOARD MEMBERS, WHO ARE:

JOHN HALVORSEN, President

WENDY WAGNER, Vice-President

MANNY RODRIGUES, Treasurer

DAVE PALMER, Club Services Director

RAINER BLOESS

KIMOTHY WALKER

HEATHER BOYD

## HERE IS THE PROFESSIONAL STAFF WE NOW HAVE TO HELP US GROW:

MAIN PHONE NUMBER: (613) 234-2221

JIM ROBINSON:

[info@runottawa.ca](mailto:info@runottawa.ca) (ext. 500)

SUSAN MARSH-MARCONI:

[media@runottawa.ca](mailto:media@runottawa.ca) (ext. 501)

JOE DU VALL:

[operations@runottawa.ca](mailto:operations@runottawa.ca) (ext. 502)

RYAN CAMERON :

[ryan@runottawa.ca](mailto:ryan@runottawa.ca) (ext. 503)

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