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ISSUE No. *TWO*, 2009



Run Ottawa



WELCOME TO RUN OTTAWA

By John Halvorsen

Welcome to **Run Ottawa**, an organization formed by merging the National Capital Runners Association (NCRA) and the National Capital Marathon (NCM), also known as Ottawa Race Weekend.

The goal of Run Ottawa is to strengthen the Ottawa running community and provide enhanced running programs, events and services for its members, who can join the Run Ottawa Club, successor to the NCRA. Members of the former NCRA are now members of Run Ottawa Club.

BACKGROUND

In late 2007 I wrote an article in *On the Run*, the NCRA newsletter, describing why I felt a merger would be beneficial to the NCRA and the NCM and asked for comments. Feedback to then NCRA president Glendon Pye and vice-president Joe Du Vall was positive and we have now moved ahead.

Under a new bylaw, the boards of directors of the NCM Inc. and the NCRA Inc. agreed to merge while maintaining current services. We expanded the 'NCM' board, which was made up of both NCRA members and non-members, by adding two 'NCRA' board members to form a combined Run Ottawa board. An asset transfer agreement combines the financial side of both organizations. We held an annual general meeting to elect a well balanced board made up of both 'past' NCRA and NCM 'members.'

HERE'S WHAT WE HOPE TO ACCOMPLISH:

We are looking for a membership-based, volunteer-driven, organization anchored by a professional full-time team (listed below) that supports and represents runners and organizes running events and races for its members and open all runners.

I believe that Run Ottawa can become a recognized leader in the Ottawa and Gatineau area running communities, provide improvements to current services, while having at least one premier event called the Ottawa Race Weekend (ORW) complimented by long-standing events previously held by the NCRA.

HERE ARE THE AIMS OF RUN OTTAWA:

Grow Run Ottawa Club membership, events and services by leveraging the marketing power of the Ottawa Race Weekend and the benefits of the ORW, specifically discounts for club members for races and in outdoor stores.

With this growth, provide secure financial backing to further professionalize the staff of Run Ottawa to the benefit of both the Ottawa Race Weekend and all Run Ottawa Club services.

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

WENDY WAGNER, *Vice-President*

(NCM board member, practising lawyer)

MANNY RODRIGUES, *Treasurer* (NCRA member, NCM VP and elite athlete co-ordinator)

DAVE PALMER, *Club Services Director* (NCRA board member)

CARL MARTIN, *Media and Communications Consultant* (NCM board member)

KIMOTHY WALKER, *CTV News Anchor* (NCM board member)

DAN ROACH (NCRA board member)

HEATHER BOYD, *Trade Mark Specialist* (NCM board member)

RAINER BLOESS, *City Councillor* (NCM board member)

MOIRA MCDONALD, *Tourism and Hospitality Consultant* (NCM board member)

JOHN HALVORSEN, *President* (NCM board member, Ottawa Race Weekend race director, Athletics Canada board member, Run Canada committee chairman, NCRA member)

STORY CONTINUED ON NEXT PAGE »



Over time, build event expertise and assets to allow us to put on events and sell our services to other organizations, possibly even non-running related events.

Provide an organization that is member driven and let new ideas for member services flourish with the professional backing of the staff we currently employ and hope to grow.

Build a membership base that can provide critical volunteer support and networks.

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

Main phone number: (613) 234-2221

JIM ROBINSON, *General Manager*:
info@runottawa.ca (ext. 500)

SUSAN MARSH-MARCONI,
Media and Marketing Director:
media@runottawa.ca (ext. 501)

JOE DU VALL, *Operations Manager*:
operations@runottawa.ca (ext. 502)

RYAN CAMERON, *Intern*:
ryan@runottawa.ca (ext. 503)

I hope this helps clarify our direction. 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

EVENT REPORT

ALL HANDS ON DECK! ACCOUNTS FROM AN ARMY RUN WATER STATION

By Dennis Ferris

For many of us the behind the scenes planning of putting everything into place for a race is taken for granted. We expect a well organized start area, sweat drop off area, water and Gatorade stations, johnnies on the spot and medals at the finish to prove we met our goals.

In the recent Army Half I helped out at the water station located 6K into the ½. A few weeks prior to the race, the station leader, Lise Morrow, sent out an e-mail with the tasks and responsibilities for the volunteers. It read like a manual for a new air conditioning system. Stack the cups this way, if its windy use the board supplied to stack the second layer of cups as a shield against the wind when filling the cups, use hockey sticks to clean away the discarded cups and so on. Caution is required not to fill the cups too high or too low. Reading all this sent a chill down my spine, "can I do all this to the standard expected or hope I don't mess it up and have some poor runner miss the cup." I sudden pondered entering the race as it may be less stressful

and leaving all this to someone else. My sense of responsibility returned and I assured myself I was up to this challenge.

On race day I rose at 5:30 am like many of the road warriors who would cross my path later that day. I had my usual pre race breakfast and stepped out into the frosty morning to head to my post. Arriving at 7, I found a stack of folded tables, many boxes of cups, t-shirts for my fellow volunteers, watering cans, hoses, and sponges.

At 7:30 my "teammates" started to arrive and we soon started to unfold the tables and place them in a spaced format over approximately 50 meters on both sides of the road. Quickly the once silent ordinary looking Colonel-By, was taking shape for its temporary use as a bonaide water station. After the cups were placed in formation resembling soldiers on parade, the process of filling them started. Some with milk jugs others with watering cans.

Continued on the following page ▶

News

RACE RESULT

Go to the Run Ottawa Club site to view results from the **Jim Howe Memorial Cross Country** races held Sunday, October 18th at the Gloucester Hornet's Nest.

MARINE CORPS HALF MARATHON

A bus load of Ottawa runners left on Friday, October 23rd to take part in the Marine Corps Marathon in Washington, D.C. staged on Sunday, October 25th. Look for the full story in the next ROC newsletter in early December.

UPCOMING RACES

The final ROC event of the year is **The Cookie Run**, slated for Saturday, November 7th on the Montreal Road campus of the National Research Council.

Richmond Road Races: The 27th edition of this Run Ottawa Club winter classic will be held on Sunday, January 17th, 2010 from South Carleton High School in Richmond, Ontario.

Check out Coming Events below for more details and register online at www.eventsonline.ca

Run Ottawa Club **Youth Athletic Series:** Go to www.runottawa.ca for the latest standings – runner's 18 years and under earn points in specific Ottawa races based on finish place.



The volunteers, like an army of ants, were walking up and down the street, each with their own task to complete. Some supplying water to the tables, others mixing the Gatorade, others checking the spacing of the tables. Once the first layer of cups was filled, the second lawyer was constructed. Using old NCM signage such as various kilometre markers and others with the NCM logo, were placed on top of the base lawyer and the process of assembling another parade of cups began.

It was during this process that we heard the sound of the cannon to signify the start of the 5K. After that I was constantly checking my watch to note how far off the start of the ½ was away and calculate the ETA of the lead runners.

“ After the cups were placed in formation resembling soldiers on parade, the process of filling them started. Some with milk jugs others with watering cans. ”

With only minutes to spare once the filling process was completed, we heard the drone of the motor bikes approaching with the wheelchair athletes not far behind speeding through the water station receiving a loud collective voice of support from my fellow workers. Some army runners passed by with lots of road between them. THEN they came! First, the elite athletes, then the masses. Only to be followed by “the bubble”. The road was thick with runners, curb to curb. “WATER, GATORADE” was our mantra. Some Glebe students claiming to have better water than the table before gave some levity to the event.

Coming events

SATURDAY, OCT. 31

BEAT BEETHOVEN, Ottawa. 8K run/walk, 4K run/walk. Start at Canadian War Museum.
Information: www.runningroom.com

COURE DES FANTÔMES DE LÉVIS, Get haunted in a 10K, 5K or 2K in historic Levis, QC.
Information: couriraquebec.com

SATURDAY, NOV. 7

THE COOKIE RUN, Ottawa. 10 a.m. Course loops through Montreal Road campus of National Research Council. 5K/10K/Kids 1.5K. Start and finish near Carson Grove Elementary School.

Runners responded to the cries of support. During the run I was confronted by Mr. Pedley (well know NCRA runner) who was jokingly giving me a hard time. He was rewarded for his comical gestures with a cup of water over his head.

Following “the bubble” they still came. Walking, shuffling, some in-between. And they came!

Finally, the flashing lights of the police cruiser approaching signified the race caboose was here.

Clean-up of the zone started and in half the time it took to set up, the entire area was now returned to its pre race state as just another quiet spot along Colonel By. All the tables and signage boards were washed and stacked. After the supplies were packed into a cube van, our work was done. I was pleased with my days work.

I know next time I run through a water station; I will have a bigger and better appreciation for the work the people manning it have put in long before my arrival.

(Dennis Ferris has been a long time Run Ottawa Club member who enjoys racing at all distances.)

Presented by the Run Ottawa Club.

Information: Glendon.Pye@nrc-cnrc.gc.ca

Online registration: www.runningroom.com

CSF FREEDOM RUN, Ottawa.

10K run/walk, plus 5K and 3K fun run/walk.

Information: www.runningroom.com

SATURDAY, NOV. 21

HOBBLE GOBBLE PREDICTION RUN/WALK, Potsdam, N.Y. You could win a turkey!

Information: [Derry Loucks \(315\) 265-5791](mailto:Derry.Loucks@315.265.5791).

FRIDAY, DEC. 4 – SUNDAY, DEC. 6

POWERADE MARATHON, Barbados. If you want to avoid the cold and snow for a few days longer, the Caribbean may be the place for you.

Weekend includes sports expo, Scotiabank Half Marathon and Nature Valley 10K.

Marathon and relays start at 5 a.m. Sunday.

Information: www.runbarbados.org

CAYMAN ISLANDS MARATHON and HALF MARATHON. Same weekend as the Barbados event, same sun, sand and salt water. Information:

www.caymanislandsmarathon.com

SATURDAY, DEC. 5

SANTA SHUFFLE, Ottawa. Dow's Lake, 10 a.m.

Information: www.runningroom.com

SATURDAY, DEC. 26

89th BOXING DAY 10-MILE RUN, Hamilton, ON. 11 a.m. start. Interesting souvenirs.

Information: www.runningroom.com

THURSDAY, DEC. 31

RESOLUTION RUN, Ottawa. 10K, 5K.

Information: www.runningroom.com

SUNDAY, JAN. 17, 2010

RICHMOND ROAD RACES, Richmond, ON.

10K, 5K. Information: www.eventsonline.ca

COMING EVENTS are compiled by Jim Robb.

Contact him at robbe171@rogers.com or (613) 730-4013.



EVENT REPORT (CON'T)

26.2 MILES OF HAWAIIAN ISLAND SPLENDOR

By Chris Jermyn

POIPU, Kauai, Hawaii - It is dark at 6 a.m. A soft breeze ripples flames on torches illuminating the start line of the inaugural Kauai Marathon on Sept. 6. Marathoners and half-marathoners have come to experience what is billed as "The most visually stunning course I have ever seen," by Rich Hanna, co-author of "The Ultimate Guide to Marathons."

One marathon finisher, who had run California's Big Sur twice, said the course was tougher; others disagreed. This was a superbly organized race, two years in planning. Most on the start line had been gathering at the nearby Poipu Shopping Village since 4:30 a.m., where a free breakfast feast of fruit, bagels, muffins, water and coffee, among other goodies greeted them. Just before the 6 a.m. start, there was a brief shower. It was a good omen. The temperature was 20 Celsius and dawn would break in about 30 minutes. A sunny day would bring temperatures above 25 degrees in four hours if the clouds disappeared. Then the start. No countdown, just the blast from an air horn. Along the route for about 100 metres were people sounding conchs.

Ahead on what is called the garden island was what founder Jeff Sacchini described as "emerald green volcanic peaks... rolling guinea grass meadows, lush green Albesia forests, spectacular ocean views... rural views of tropical farming – coffee, bananas, papaya and mangos."

The first 11 miles might lull an inexperienced marathoner into a fast pace. There were early hills, long and gentle and then corresponding descents and a straight stretch along a major highway.

The half-marathoners turned for home at 10.6 miles. Marathoners headed up toward Kalaheo where there is rarely a level road. The real fun began about mile 12 and continued until just past mile 23. Steep ups and downs,

a couple of hairpin turns along smaller roads lined by fields and forests, and along one rural road magnificent views of the Pacific Ocean, about three miles distant as the crow flies and about 900 vertical feet below.

“ Competitors

came from eight countries
other than the 44 states
represented. ”

An unofficial course profile shows a total climb of 2,150 feet or 655 metres and a total elevation change of 4,309 feet or 1,314 metres. Whew! It was well policed, coned, serviced and marked. Water stations every 2 miles. Sponges soaked in ice water. Gels offered at several places. Hula dancers, some just children, graced several water stops. Thundering drums greeted marathoners in the toughest hills. Volunteers and spectators shouted encouragement.

Lono, the Hawaiian god of peace, prosperity, wind and rain, blessed the day with frequent showers early on, and trade winds and clouds for the first five or so hours. The finishing area was as well organized as the start. More fruit, food and drinks, including beer. A sweat pick-up suitably covered by a tarp, 10-minute massages, medical staff, a live band on stage and an emcee delivering repartee even during a cloudburst just before the sun appeared.

Finishing numbers were 687 in the marathon, and in the half, 912 men and 687 women, a race official said in an e-mail. The marathon winner was a California man, age 28, in 2:44:10 chip time; the first woman, age 26, and fifth overall from Oregon ran 3:08:25. The half-marathon

winner was a 48-year old man from Arkansas at 1:20:54, and the first woman was Lisa Polizzi, 37, from Vancouver in 1:32:16 and 17th overall.

Competitors came from eight countries other than the 44 states represented. One Japanese man, in his 299th marathon, was about to head to the island of Maui for his 300th. Others present for awards spoke of running 500 or 1,000 marathons.

On a personal note, this runner came in at 3:44:28, was 34th overall, and carried home a large engraved wooden plaque for first in the 65-69 age group. And of my meagre 43 marathons, this was one of the most satisfying. I went to run, not to race; everything went right and a summer of intense training in Gatineau Park near Ottawa paid off. The 2010 race is Sept. 5. Details at www.thekauaimarathon.com Caution: Don't make this your first marathon.



(Chris Jermyn lives in Ottawa and runs upon occasion and sometimes upon no occasion whatsoever.)



EVENT REPORT (CON'T)

CORNING, N.Y., WINEGLASS MARATHON A RACE THAT ELIMINATES A RUNNER'S EXCUSES

By Joe Du Vall

It comforts a runner to be headed to the start line of a marathon knowing that all the homework has been done and elements beyond one's control will not be a factor in the result. I should mention that part of said preparation is the selection of a race with some pedigree.

The Wineglass Marathon at Corning, N.Y., in the state's Finger Lakes region, celebrated 28 years on Oct. 4, 2009, and its reputation for a fast course, good organization and overall atmosphere did not disappoint. As the minutes ticked away until the 8:00 a.m. start, a slight chill in the air and some decent training miles under my belt left no room for excuses. It was a great day to run a marathon.

The start is in Bath, and after 3½ miles leaves the town limits and winds its way along secondary roads. As we turn onto Maple Lane past the 10-mile mark, it's time to toss off the gloves to my partner Carol, who puts down her coffee mug and claps on the stream of runners going past her vantage point.

“ The final half mile to the finish featured a wide pathway and a pedestrian footbridge, the last 385 yards past a ribbon of spectators and the welcome din of constant cheering. ”

Another thing I should mention is that we chose to stay at a bed and breakfast along the course. The Halcyon Place B & B www.bbonline.com/ny/halcyon, outside of Campbell, served up a made-to-order early race morn breakfast and is a great place to relax before and after. I also had a cheering section as Yvonne Sloan, the proprietor, joined Carol in urging us on.

The Wineglass course has a net drop in elevation of about 400 feet and does not include a string of gut-busting uphill segments or quad-hammering downhill. Any rise we had to tackle was gradual and civilized; a diversion from the constant self-monitoring that accompanies a 26.2-mile footrace. Water stations were situated every two miles until halfway, every mile thereafter, staffed by a myriad of community groups and a wide mixture of ages.

At 22 miles, when my engine started to sputter and the wheels felt creaky, the cross-country team from Corning High School who staffed the water station had a perfect blend of youthful enthusiasm and a somewhat palatable selection of music for a momentary pick-me-up. The last 3½ miles were a mixture of city pathways, tree-lined boulevards and the corporate complex for Corning Glass. Not even a half-mile section of uneven pavement (more on that later) seemed to dampen the spirits of runners hanging on for a Boston Marathon qualifier.

The final half mile to the finish featured a wide pathway and a pedestrian footbridge, the last 385 yards past a ribbon of spectators and the welcome din of constant cheering.

I cross under the banner in 3:38:48, muttering, “I’ll take it,” as a green opaque glass medallion is draped around my salty neck. To suddenly

be able to come to a complete stop and just relax for a few minutes right after a marathon is a welcomed indulgence. Soon enough we are reminded how we battered ourselves pretty well out on the roads.

Carol, no stranger to endurance events as a Hawaiian Ironman finisher a few years earlier, gathers me up and makes sure I keep my weary bones in motion. A prolonged rest in the horizontal position would scuttle a tour of wineries planned for early afternoon. A hot shower back at the Halcyon will have to suffice as we drive the back roads of Keuka Lake and sample wine from of two of the umpteen wineries that dot the region.

Another early evening gives way to a leisurely and sumptuous Monday morning breakfast at the Halcyon. It is more civilized to head back the day after instead of hammering back an hour or so after finishing. The drive for home includes a stop in Corning and as we pass the 24½ mile mark on the marathon course, I spot a paving crew getting ready to lay a new coat of asphalt on the stretch of road that leads to the 25-mile mark. Somewhere, I’m sure Wineglass marathon race director Mark Landin shook his head at the lousy timing and a circumstance out of his control. He imagines marathoners floating along a freshly laid asphalt carpet, not the corduroy roadway construction workers left to finish off the day after the race.

Corning is a destination event worthy of consideration. Even the non-runner can get in on all the area has to offer.

(Joe Du Vall has been running marathons for over 30 years and is employed by Run Ottawa as the assistant to the General Manager.)



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EVENT REPORT (CON'T)

FROM DINNER TABLE TO RACE COURSE: A SUPERB FUNDRAISER FOR LOCAL OLYMPIAN

By Brad Jones

What began as dinner-table talk ended up raising more than \$9,000 for Perianne Jones, a Winter Olympics bound cross-country skier. The 10K, 5K and 1K fun-run held Sept. 27 in Almonte, Ont., were the brainchild of three teachers at the Almonte and District High School, where Peri, now 24, was once a student.

Lynn Carss, a teacher and coach at the school, was determined not to let this bit of local sport history pass unnoticed, and she stepped up to coordinate an event that was equal parts celebration, sporting event and fundraiser.



© 2009, J.HOLDEN

Lynn persuaded two teacher colleagues – sisters Emily and Jennie Sheffield – to join her organizing team. Then she went about recruiting support from all and sundry both within and outside the Ottawa Valley town of Almonte. The PR campaign started modestly in the spring with the circulation of a few windshield fliers at a couple of local races. It gradually spread by word of mouth throughout the running, skiing and school communities.

The publicity machine kicked into high gear in late August when Peri's Olympic journey and her ties to the Ottawa running community were reported in an article published in the inaugural Run Ottawa Club newsletter written by Paula Burchat and edited by Chris Jermy, both local runners and friends of the Jones family.

Race day weather was just about ideal for the running participants – about 15°C and overcast with a light Irish mist occasionally phasing in and out to keep dehydration at bay. The initial roster of 150 online registrations doubled to more than 300 runners and walkers with the race-day registrations that came in across the three events of the day.

The event represented an enjoyable and occasionally emotional intersection of the local running, cross-country skiing communities with Peri's hometown friends and neighbours. The race course started and finished in the picturesque Gemmill Park, a local landmark that contains the community's only 400-metre running track as well as a network of trails that serve as the home running venue for all of Almonte's elementary and high school cross-country teams.

The 5K and 10K courses shared a common loop, with the 10K option including a 2.5K out-and-back that branched off and rejoined the 5K course at the same point. The course provided participants with a mostly flat to rolling tour of the town that included a mixture of small-town Ottawa Valley urban scenery, a double-crossing of the Mississippi River with views of the main falls, and, in the last kilometre, a pulse-quickening climb up Almonte's meandering main street on the way to the finish back in the park.

The 1K kids run stayed within the boundaries of the park and was well marked with large "creature" signs that some of the local high school art students had constructed.

The 10K drew about 80 participants and generated some good competition up near the front. The men's race was hotly contested by a number of the younger racing team members from Nakkertok Ski Club with Nansen Weber eventually out-kicking Ottawa's Rick Hellard to be first over the line. On the women's side, Nancy Coke of Ottawa took

the win with a comfortable margin over the second-place female.

The largest event of the day was the 5K with just over 200 runners and walkers. The overall women's winner was Julia Hicks, a former Ottawa Lions runner and teammate of Peri's throughout much of their high school running careers. The men's 5K title went to Robbie Anderson, a member of the University of Ottawa varsity cross-country team, and also a Nakkertok skier once upon a time.

The 1K run was a crowd pleaser for the 50-odd enthusiastic miniature harriers who lined up on the running track for a quick warm-up before being released by race director Carss to circumnavigate the 1K loop. No winners or placings were declared in the 1K, but everyone came away happy with a finisher's cookie medal.

Post-race activities took place upstairs in the Almonte Community Hall and included the opportunity to see and talk to Perianne on an audio-video link, as well as to have a chance to score one of a generous cross-section of draw prizes provided by the event's many sponsors. Draw prizes ran the gamut from a variety of goods and services offered by business in

Almonte a loaf of bread a week for a year from Baker Bob's – to running shoes and drink belts from Ottawa-area running and ski shops, to a set of regular season tickets to an Ottawa Senators game.

Contributions were still trickling in mid-October and the final total could reach \$10,000, money that will help pay for living costs and transportation among other expenses incurred by Olympic athletes. All in all a fun day with a great vibe that brought in a generous amount of money and raised considerable awareness of Peri, her adventure, and the sport of cross-country skiing in the local community. Many thanks to Lynn and her team of organizers and volunteers, and – bonne chance, Peri in Vancouver in February.

(Brad Jones, Peri's father, is a runner and Nakkertok ski coach. He lives in Almonte with Judi Agnew, Peri's mother.)

AT THE RACES

RUN OTTAWA CLUB MEMBERS "AT THE RACES" IN AND AROUND OTTAWA

2009 NATIONAL CAPITAL 5K — AUGUST 1

PLACE	TIME	PACE	LAST NAME	FIRST NAME
10	20:32:00	4:07	YAKABOWICH	JAY
42	24:10:00	4:50	ZWICKER	TARA
117	34:46:00	6:58	BRADY	EDWARD
137	41:50:00	8:22	COREY	JOYCE

2009 NATIONAL CAPITAL 10K — AUGUST 1

PLACE	TIME	PACE	LAST NAME	FIRST NAME
28	47:31:00	4:46	GLENNON	NICHOLAS

2009 XEROX 10K — AUGUST 18

PLACE	TIME	PACE	LAST NAME	FIRST NAME
9	0:37:53	3:48	CHENEY	GLENN
23	0:39:41	3:58	BODONI	GEORGE
33	0:41:45	4:10	YOUNG	RALEIGH
50	0:43:46	4:22	BUSSEY	JASON
85	0:46:47	4:41	CASPI	BEN-ZION
264	1:12:33	7:14	SHANNETTE	ANNA

2009 CANADIAN IRON 3K — SEPTEMBER 5

PLACE	TIME	PACE	LAST NAME	FIRST NAME
22	16:50:00	5:37	WHITE	JANET

2009 CANADIAN IRON 8K — SEPTEMBER 5

PLACE	TIME	PACE	LAST NAME	FIRST NAME
9	32:29:00	4:04	YAKABOWICH	JAY
36	41:16:00	5:10	VAILLANCOURT	CARL

2009 ARMY RUN 5K — SEPTEMBER 20

PLACE	TIME	PACE	LAST NAME	FIRST NAME
29	0:17:40	3:33	BRUNET	PHIL
37	0:17:52	3:35	WRIGHT	FRANK
41	0:18:09	3:38	GLENNON	NICHOLAS
125	0:20:14	4:03	BORSOS	RICHARD
351	0:22:52	4:35	DAY	MIKE
721	0:25:44	5:09	SAVILLE	BARBARA
965	0:27:13	5:27	GLENNON	PAUL
1577	0:29:57	6:00	HOWARD-DAVIES	STEPHANIE
2050	0:31:50	6:22	WALKER	REILLY
2199	0:32:28	6:30	ORR	DON
2774	0:34:58	7:00	WRIGHT	GLENDA
3176	0:36:48	7:22	CHARLAND	ERIC
3176	0:36:48	7:22	CHARLAND	ERIC
3182	0:36:48	7:22	NOLET	MARIE-CHRISTINE
3182	0:36:48	7:22	NOLET	MARIE-CHRISTINE
3325	0:37:22	7:29	VERRET-BORSOS	FLORENCE
3421	0:37:55	7:36	WILSON	ROSEANNE
3514	0:38:31	7:43	LEBLANC	COLLEEN
3672	0:39:07	7:50	FISCHER	PETER
3952	0:41:10	8:14	YELLE	JOSANNE
4139	0:42:33	8:31	JERMYN	WENDY
4283	0:43:41	8:45	FORSTER	JOHN
4438	0:45:07	9:02	PELLETIER	FRED
4447	0:45:12	9:03	LANGILL	MARGARET

RUN OTTAWA CLUB MEMBERS "AT THE RACES" IN AND AROUND OTTAWA (CON'T)

2009 ARMY RUN HALF MARATHON — SEPTEMBER 20

PLACE	TIME	PACE	LAST NAME	FIRST NAME
18	1:18:32	3:44	MACKENZIE	PATRICK
37	1:21:09	3:51	WYLLIE	ROGER
42	1:21:36	3:53	CHENEY	GLENN
91	1:26:06	4:05	BODONI	GEORGE
106	1:27:15	4:09	ROACH	DANIEL
133	1:28:36	4:12	NEILSON	ANDY
172	1:29:50	4:16	KANDROY	MEYLINA
199	1:31:17	4:20	YOUNG	RALEIGH
280	1:33:44	4:27	BUSSEY	JASON
336	1:35:14	4:31	PELLETIER	FRED
364	1:35:41	4:33	WAY	PETER
391	1:36:31	4:35	HAYDON	BRUCE
415	1:37:02	4:36	CASPI	BEN-ZION
552	1:39:59	4:45	DAY	MIKE
677	1:41:56	4:50	KOSKIE	ANGELA
745	1:43:11	4:54	GODBOLD	TERRY
834	1:44:22	4:57	SOUTHGATE	MIKE
941	1:45:49	5:01	YARASKAVITCH	RENE
986	1:46:30	5:03	LEBLANC	JEANNIE
1123	1:48:39	5:09	WARWICK	CINDY
1554	1:54:12	5:25	WHEATLEY	KARA
1657	1:55:28	5:29	MCGINN	DOUGLAS
1696	1:55:59	5:30	VAILLANCOURT	CARL
1776	1:56:59	5:33	MCKEAGE	JANET
1788	1:57:07	5:34	CAWTHORN	RICHARD
1969	1:59:13	5:40	CAMERON	JAN
2178	2:01:19	5:45	CAWTHORN	GLORIA
2316	2:03:00	5:50	PAQUETTE	JIM
2525	2:06:12	5:59	MENARD	ANNE
2589	2:07:11	6:02	MCGINN	MARTINA
2690	2:09:03	6:07	TUGHAN	PHILIP
2752	2:09:55	6:10	MCMAMARA	KP
2757	2:10:02	6:10	TESSIER	PIERRE
2815	2:10:59	6:13	PALIWAL	ANNE
2828	2:11:17	6:14	FISCHER	KATHY
2855	2:11:34	6:15	MAXWELL	FRAN
2917	2:12:34	6:17	SOUTHGATE	CINDY
2955	2:13:08	6:19	PURSEY	STUART
3008	2:14:17	6:22	CONN	DAVID
3048	2:15:08	6:25	KENNETTE	DEBRA
3328	2:21:54	6:44	THORNE	SUSAN
3569	2:27:51	7:01	CORNEAU	TRACY
3586	2:29:00	7:04	PEDLEY	DAVID
3618	2:30:16	7:08	WALSH	JIM
3773	2:35:55	7:24	IVAN	SHIRLEY