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EVENT REPORT

WHAT'S HAPPENING WITH YOUR RUN CLUB?

By David Palmer, Run Ottawa Board of Directors

2010 promises to be an exciting year, as the Run Ottawa Club launches a number of activities for the benefit of you – the members.

You are already aware of our newsletter – our first product. You are probably aware of the great monetary benefits of membership – including discounts on entry fees for most Run Ottawa events as well as in-store discounts offered by popular local retailers.

In the coming year we plan to add much more to the suite of member benefits. Social events such as the run / pub night described below. Coaching opportunities for those members interested in improving their running, a slate of annual club awards and club merchandise.

OUR INAUGURAL SOCIAL EVENT

Mark this date on your calendars! Tuesday February 16. Meet at the Laurier Street entrance to City Hall at 6pm, for a 5k, 7.5k or 9k run. Adjourn to the Fox & Feather pub (283 Elgin St.) to socialize afterwards.

THE CLUB COACHING PROGRAM

The Run Ottawa Club and the former National Capital Runners' Association has offered a weekly training session to its members for the past two years (Tuesday, 6pm, Arboretum parking lot). The group was founded and continues to be organized and led by Paula Burchat with the assistance of Dennis Ferris. Paula is an accomplished ultra marathoner

who has represented Canada in international competitions, she is a Registered Massage Therapist (RMT), owner of Balance & Motion Massage Therapy and she brings a wealth of knowledge and experience to our runners. The group is primarily made up of half and full marathoners of a variety of abilities. Our training sessions are also social events that accommodate runners with different goals and degrees of experience.

The Run Ottawa Club is developing a plan to enhance the existing training nights with a formal Coaching Program for runners interested in improving individual performance though instruction in a social and friendly environment. The envisioned Coaching Program would enhance the existing training nights in three regards: 1) Programs would be developed by an Athletics Canada trained or certified coach, 2) Instruction would be supported by Athletics Canada trained or certified coaches; and, 3) Groups would meet twice a week (instead of once) in various communities throughout the city (instead of one location). Of course the plan will only be successful with the support of our members and prospective users of the Coaching Program. If you have ideas, we would love to hear them. Please forward to Paula Burchat (paula@balanceinmotion.ca) and/or Dan Roach (ottawa.runner@gmail.com).

MAKING IT HAPPEN

Here is where you, the members, come in. The Run Ottawa Club is intended to be a member-driven club, which means both being responsive to the needs of our members and also involving the active participation of our members. To succeed, we need your help.

AND ALL CLUB MEMBERS ARE NEEDED!

Volunteering at club events, to be sure. But also in planning and organizing of all aspects of the club program. We need your ideas and energy! Please contact Dave Palmer (dprunlong@hotmail.com) or come out to the next Run Club Committee meeting (Monday 25 January, Marshy's BBQ and Grill, 117 Centrepoint Dr., Nepean), to discuss how you can help us make this a great club!





Coming events

SATURDAY, JAN. 23

FRONTENAC SNOWSHOE RACE, Sydenham, ON. Information at <http://www.healthandadventure.com>

SATURDAY, JAN. 30

MAD TRAPPER RACE (snowshoe), Low, QC. Another Mad Hatter takes place Saturday, Feb. 27. Information at <http://www.synergysark.com/mad-trapper.html>

SATURDAY, JAN. 30

COLTON WINTERFEST 10 MILER. 9 am, Colton, NY, at Colton-Pierrepont Central School 4921 Route 56. Contacts are Renee and Dan Dominie, Canton, NY, 315-379-9290. Registration opens 7 am. Entry fee \$35 with shirt, \$12 without. Scenic, hilly, well-marked course.

CARLETON CUP, "ultimate Canadian triathlon". 6 pm start. Information and entries at www.runningroom.com

SATURDAY, FEB. 6

WINTERLUDE TRIATHLON, 8K skate, 5K ski, 5K run. Information and entries at www.zone3sports.com

SATURDAY, FEB. 13

REALLY COOL PREDICTION RUN. Starts on Queen Elizabeth Drive at Preston Street. Course will be between 5 and 8K. Actual distance remains secret until run morning. Winners are five best guessers. Information and entries at www.zone3sports.com

FEBRUARY FROZEN FOOTE RACE, Canton, NY. (See January listing).

SUNDAY, FEB. 21

WINTERMAN MARATHON and marathon relays, half marathon, 10K, 5K, 2.5K races. Information and entries at www.somersault.ca

SUNDAY, FEB. 28

32nd PETERBOROUGH YMCA HALF MARATHON, 5K, and kids 1K fun run. Information at www.peterboroughymca.org. Entries at www.runningroom.com

SATURDAY, MARCH 13

MARCH FROZEN FOOTE RACE, Canton, NY. Final race of series. See January listing for details.

SUNDAY, APRIL 18

OTTAWA PHYSIO RACE. Sponsored by KineMedics/PSI Physiotherapy. 5K and 10K races. Individual, team, wheels in motion, Special Olympian, and family events. Information and entries at www.runningroom.com

SATURDAY, APRIL 24

RUN TO END MS. In Cornwall, ON. Half-marathon, 10K and 5K runs, 5Kwalk. Also free 1K for kids. Information at www.mssocietycornwall.info/

SUNDAY, APRIL 25

24th MINTO RUN FOR REACH. Half marathon, 10k, 5k races. Information at www.reach.ca

LIMESTONE CITY HALF MARATHON, Kingston, ON. Presented by Kingston Road Runners Association. Also 5k race. Information and entries at <http://www.krra.org/half/half.php>

SATURDAY, MAY 1

AAIA CHARITY RUN & WALK 10K and 5K events at Tunney's Pasture. Information from Monika Gibson at ontario@aaia.ca, phone number is 1-800-258-2010. Enter online at www.runningroom.com AAIA stands for Allergy/Asthma Information Association. More information coming on this new event.

CUMBERLAND DUATHLON and relays.

Information and entries at www.somersault.ca

SUNDAY, MAY 2

PLACE D'ORLEANS HALF MARATHON, 10K, 5K, plus Austin Wylie Kids May Day 1K. Information and entries at www.somersault.ca

CBI HEALTH HUSTLE FOR HUNGER 10K and 5K runs, 3K run/walk. Proceeds to Ottawa Food Bank. Information and entries at www.runningroom.com

SATURDAY, MAY 8

INNOVAPOST SHARE THE POWER OF A WISH 10K walk/run, 5K walk/run, 1K kids walk/run, plus corporate, family, school teams. Go to www.runningroom.com

TUESDAY, MAY 11

BEAVER CHASE SERIES opening race, 1 mile or 4 miles through Kanata's woods and glades. This is a Run Ottawa Club event. Four runs in series – May 11, June 8, July 13, August 10. Sponsored by Bushtukah Great Outdoor Gear. Registration and post-race food/ale at Kanata Legion, Hines Road. Take March Road from March-Eagleson Hwy 417. Turn left from March at Solandt Road then right on Hines. This is old-fashioned, low-tech running. Sign up at Legion before race time at 6.30 pm. You get a shout to start, your time is called out as you cross the finish line, you record your time at registration desk. Nominal entry fee. T-shirts for those completing three of four races. Information from Joe DuVall operations@runottawa.ca or www.runottawaclub.ca

SATURDAY, MAY 15

COLONEL BY CLASSIC 8K, 3K, Wylie Ryan Dow's Lake 1K. Information and Entries at www.somersault.ca

EARLY BIRD TRIATHLON, DUATHLON and relays. Information and entries at www.somersault.ca

SATURDAY AND SUNDAY, MAY 29-30

RUN OTTAWA RACE WEEKEND with Ottawa Marathon Sunday, May 30 at 7 am. Half marathon at 9 am, kids marathon at 8 am. Saturday, May 29 10K starts at 6.30 pm, preceded by 5K at 5 pm and 2K family run at 4 pm. Pfizer Health and Fitness Expo in Aberdeen Pavilion, Lansdowne Park opens Thursday May 27 from 4-8 pm. Friday 10 am-8pm, Saturday 9 am-4 pm. Expo is free and open to public. Full information about Ottawa's biggest running event at www.runottawa.com. Enter at www.EventsOnline.ca or www.runningroom.com



EVENT REPORT

MARINE CORPS MARATHON: A FINE WAY TO SPEND AN OCTOBER WEEKEND IN WASHINGTON

By Joe Haimowitz

There's a point in a marathon where most runners have to reach into a deep well to keep going.

In Washington, unlike Ottawa where there is great crowd support in the last five kilometres, this runner had to reach deep down inside that well to find the motivation to keep the pace up. Lots of people appeared to be hurting in the final stretch along a lonely highway that winds past the Pentagon toward Arlington National Cemetery.

But then as runners turned into the cemetery and climbed their own "Iwo Jima," a steep maybe 200 metres toward the finish line, the crowds were suddenly thick and loud.

Here, I charged up the hill and passed several people before heading into the flat strightaway for the last few metres before the finish line. Unfortunately, I seem to have left my legs on the hill, which commemorates U.S. Marines raising a Second World War victory flag on the Pacific island of Iwo Jima, and hit the finish at 3:47:37. This was my second marathon and my finishing time was in the middle of my goal target zone and more than six minutes faster than my Ottawa race time in May.



Two days earlier, on Friday, Oct. 23, twenty-two Ottawa-area runners left Kanata before dawn for the 12-hour bus ride to the 34th Marine Corps Marathon, a trip organized by Ross MacLachlan for the Run Ottawa Club.

My wife, Sharon, would finally have the opportunity to run her first marathon after a

disappointing spring when plans to run during Ottawa Race Weekend were derailed by IT Band and plantar fasciitis issues.

If we all had one theme for the trip down and the next day it would be "rain drops keep falling on my head." Our driver encountered heavy rains and road construction en route, and we ended up soaking wet at our pre-race meal on Saturday. More on that later.

As a relative newcomer to running I was impressed by the size and variety at the race expo. The race pickup was smooth although the lines swelled each time one of the Metro subway cars arrived at the Washington Convention Center.

“ Race day. Sunshine and a near perfect temperature after one of Washington’s rainiest days on record. ”

Ah, but on to our pre-race meal that Ross had arranged at an Italian restaurant in Crystal City, a 10-minute walk from our hotel. After the expo we went on a walking tour of some of the sights, only to get soaked by a massive rain shower. We returned to the hotel to dry off, then walk to the restaurant since the rain had stopped. But not for long. The skies once again opened up en route and we all got soaked.

However, that didn't stop us from enjoying a fine dinner, my pre-race dinner choice being linuine with red clam sauce – one of the best I've had.

Race day. Sunshine and a near perfect temperature after one of Washington's rainiest days on record. A hotel shuttle took us to the closest

metro stop to the start line. There were tons of port-a-johns and a large parking lot to stretch out and remove warm-up clothing. UPS trucks were on hand to collect post-race gear bags.

The start was rather calm despite the more than 20,000 runners in what is affectionately known as the People's Marathon or the Marathon of Monuments. There was the usual start-stop prior to hitting the timing mats, but once we passed under the banner things seemed to go smoothly. The density of runners and the narrowing of the course kept me at my goal of starting easy.

Once through Roslyn, Va., about three miles in, we made our way back downhill toward the Potomac River along one of the DC area's wonderful tree-lined parkways. This was for me one of the most picturesque parts of the race.

Most of the first 10 miles of the course is hilly, with at least one switchback worthy of the Tour de France. I passed the half-way point in 1:53:23, close to the 3:45 marathon pace that was my top-end goal.

For much of the race I alternated positions with a hand-cyclist, so we were often calling out to clear the left side of the road for her as she caught up on the flats and downhill after falling back on the uphill. A few times I sprinted ahead to alert a runner wearing headphones.

One of the coolest parts of the course is along the National Mall – which is a park, not a collection of stores. Crowds were massive and pressing onto the course. It was very Tour de France-ish. As we entered the mall, the crowd shrank the course so much that it was only possible to run two or three abreast. Things slowed down a bit, but the feeling and the energy from the crowd was great.

I admit I missed most of the sights on this part of the race. However, I did see the White House,

(Continued on next page)



EVENT REPORT

MARINE CORPS MARATHON: A FINE WAY TO SPEND AN OCTOBER WEEKEND IN WASHINGTON (CONT'D)

By Joe Haimowitz

the Museum of American History (repository of Fonzie's jacket, Dorothy's ruby slippers and Archie Bunker's chair), the Botanical Gardens building, Smithsonian Museum Headquarters, the Holocaust Museum, the U.S. Mint and the Treasury Building.

Not bad for someone who wasn't paying much attention.

After finishing, I gathered my gear, got a quick massage, and waited for Sharon and others to finish. She was terrific, finishing in 4:48:16 along with our friend Peter Salfi. She was pleased with the result, especially since she started her training late due to her injuries and had only logged one training run of more than 29K. The effort she put into her training was a big inspiration to me.

The trip back to Ottawa was enjoyable and a little comedic – watching all the happy but tired marathoners gingerly descending the bus stairs.

Overall, the experience was terrific. The trip was carefree, except for Ross, our organizer who was great. The event is wonderful and I think the course is a fair test of a runner's abilities. With a large field and sometimes narrow roads it may not be the easiest to run a PB.

But the sights and crowds make it a worthwhile while to spend a Sunday in October.

(Joe Haimowitz and Sharon live in Kanata. He works at The Conference Board of Canada.)

RUNNING AND TRAINING TIPS FROM THE TRAINING LOGS OF JOHN HALVORSEN

By John Halvorsen

Some of you may be interested in my training experiences as 'an elite' athlete. So from time to time I'd like to share various elements of training, specific workouts, or simply just experiences from my races and travels.

To start, I'll cover one of the most critical, and perhaps obvious parts of any training program – consistency.

As an elite runner with a very focused mindset on always achieving better results I probably, like most elites, went overboard on this. Consistency is, however, very important and perhaps more so for everyday runners facing challenges of everyday life. To me it is like the foundation you never hear about in the typical "12-week" program to race success.

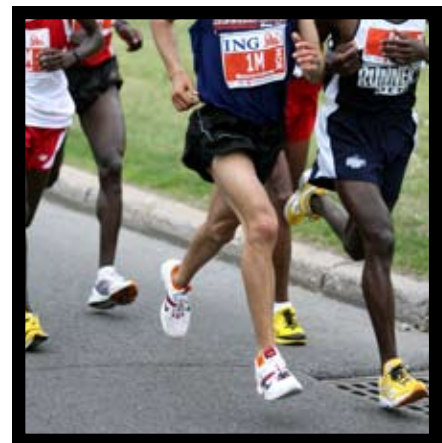
“ As for volume during the 11 months, I generally would run anywhere from 75 to 100 miles per week. ”

So what does consistency mean to me?

As an elite runner my year (not 12 weeks) consisted of about 11 months of solid training. In the one month off, I typically took two, maybe three, weeks completely off and ran maybe three or four times once a day for the other one to two weeks. That was generally from mid to late November to mid to late December. Once I was back into the other 11 months I generally ran anywhere from nine to 13 times a week.

Now, for most of us, nine to 13 training sessions per week is unlikely, but running for about 11 months of the year is very realistic. I also think taking about one month off is good,

but more about that another time. As for volume during the 11 months, I generally would run anywhere from 75 to 100 miles per week.



But one thing I would do is go for 'a' run rather than NO run every day. If restricted for time I would just run 30 minutes one day and maybe add a little more another day if my legs felt OK. For runners with jobs, families and other worries, the point is to try to be consistent and get out at least three or four times per week, and ideally five, even if only for three to five kilometres. Through that kind of consistency, a strong base is formed that can absorb higher training loads, even a 12-week program, when time permits.

Good running,

John

(John Halvorsen's profession is as a senior engineer at Nortel Networks. He is President of Run Ottawa and the Run Ottawa Club which includes presiding over the Ottawa Race Weekend. John was named Runner's World Magazine's Road Runner of the Year for 1989 and ran for Norway in the 1988 Seoul and 1992 Barcelona Summer Olympics in the 10,000 metres. His twenty one year course record for the Nordion 10K, set in 1988, was finally broken this past May, 2009.)



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EVENT REPORT

WINTER RUNNING IN OTTAWA: ROUTES TO INJECT VARIETY INTO YOUR TRAINING

By Joe Du Vall

Winter conditions can minimize, sometimes restrict access to some of the popular locations that we as runners flock to during the other three seasons of the year. I surveyed runners who live in various parts of the city to get some background on where they like to run when the snow flies.

Tom Lawson and Sheila Casey reside in old Ottawa South on Willard Street, just south of the Bank Street Bridge. Here are their idyllic accounts of a popular route they run often:

“Winter running in Ottawa is often challenging but never invincible. Starting along Colonel By Drive at Bank Street we... venture north towards downtown. If we are lucky, Lafleur has been out to clear the footpaths (Ed’s Note: Lafleur is the company contracted by the National Capital Commission to perform maintenance functions on the pathways and other properties). During canal season it is a pleasure to encounter the young families heading out, and to watch the early morning long-bladders in peleton formation. As we hit Rideau Street and proceed along Sussex we encounter the after hours club kids and those who wish to sleep outdoors awakening and looking for spare change for coffee.

“At Murray Street we head past the National Gallery’s giant spider and over the Alexandra Bridge to Hull. Our first morning respite is at Gatineau City Hall for water and a washroom break. Sidewalk plowing in the Hull sector is typically amenable to runners although the motorists offer challenges of a different kind.

“Heading back to Ottawa over the Portage Bridge brings us to Wellington Street and the climb past the National Archives, Parliament Hill and the lamented purged National Portrait Gallery. Wellington is typically well plowed but often icy. At Elgin Street we head past the War Memorial, National Arts Centre and on to our second respite at Ottawa City Hall. More water, washrooms and often a look in the City Gallery to add a bit of culture to our run.

“Our final leg along the footpaths of Queen Elizabeth will often bring hordes of Running Room classes. We typically like to recognize those with Boston Marathon jackets with chants of ‘Boston, Boston, Boston!’ This side of the canal often gets priority plowing and gives us encouragement to push up the tempo as we head for the final cup of coffee on Willard Street.”

Fred Pelletier and family live in the neighbourhood between St. Laurent Boulevard and Alta Vista Drive and these are his insights:

“The winter weather has made outdoor running difficult because of the endless snow and limited snow removal. If the canal and river routes are inaccessible, runners can still find routes in the Alta Vista area. The streets that branch away from Alta Vista Drive are almost always plowed and salted. The sidewalks are also clear much of the time. Many of the branch streets have only minor traffic, allowing for reasonably safe running on the roads.

“ Winter running in Ottawa is often challenging but never invincible. ”

“One of the best run routes involves starting from the Alta Vista Plaza situated on the way to the corner of Smyth Road and Alta Vista, and running up Alta Vista to... Kilborn Avenue (approximately three kilometres). If you run this as an out-and-back, you get to end your run at the Tim Hortons and the adjoining Alta Vista Plaza. If you run this route twice, you will complete about 12 kilometres. The start/finish location has good parking and lots of coffee.

“The second neighbourhood route where you might see runners is on a branch street.

Cavendish Road runs between Pleasant Park and Alta Vista, and it is almost always plowed and prepared. This route allows for hill work, with the comforting knowledge that your feet will not slip out from under you most of the time. Cavendish is exactly one half a kilometre long, and there is not very much traffic, even at night. It is a good route for running up and down moderate hills, and it can be incorporated in the first route. This is a great option for those who want to get in some productive hill workouts before the April races.”

No wonder you always qualify for Boston, Fred!

Our final contributor is Marg Langille and she gives her unique perspective on coping with winter training:

“I am a racewalker (Bytown Walkers) and live in the east end. The National Research Council (NRC) is a great place for runners in winter. The Commissionaires patrol the area by car and are seen regularly. As a result I feel very comfortable walking in there alone. It is federal land so it is kept really clear in the winter. The roads are cleared of snow almost immediately. There are several different roads and even hills. The Cookie Run uses part of the NRC for its race.

“The easy access is via Bathgate Road which can be reached from Montreal or Ogilvie Roads. Another plus is that on weekends especially, there is little or no traffic. I have done four marathons and did most of my winter training through NRC. There is also parking on the weekend as the employees are not there. So now my secret is out!”

Canadian runners are a persistent lot, if not resourceful – ever taken stock of some of the fashion faux pas we commit to get us through a tough winter run? There is a reluctance to give in to the elements and except for one or two days throughout the winter, one can endure almost anything.



EVENT REPORT

2009 PORTLAND MARATHON: COMPETING IN A “WEIRD” AND WONDERFUL “CITY THAT WORKS”

By Tom Lawson and Sheila Casey

Many of you have no doubt heard about the forward thinking going on in the American Northwest. In Portland Ore., they're tearing down parking garages and replacing them with parks. They've made public transit free and initiated a mandate to end homelessness. They banned styrofoam years ago and plastic bags are an extreme rarity. Freeways are being reclaimed along the waterfront and turned into bicycle and running paths.

With these inspirational notions in mind we decided to tackle the marathon in the city of Portland on Oct. 4. Sitting about one hour inland from the Pacific Coast, the city has been holding a marathon for 38 years. We heard the ratings were high from previous participants and we wanted to experience this high praise.

“ At mile 6 the unfortunate circumstance of a train running late blocked the path for several hundred runners. Many risked life and limb to beat the train across the tracks. ”

Arising at 4 a.m. in our room at The Ace Hotel, we wandered across the street for our bagels and coffee to the 24-hour Roxy Diner. Among the transgender, tattooed, pierced and dread-locked crowd, our running gear provided quite a contrast to those finishing off a night of partying.

The race starts in the darkness of the downtown core at 7 a.m. Among the starters, 58 percent were female. The first three miles of the race cover some downtown

neighbourhoods before hitting the banks of the Willamette River. The race follows the river for about six miles before heading towards the industrial section and eventually crossing the river at mile 16.

This portion of the race presented a rather unique challenge for Sheila. At mile 6 the unfortunate circumstance of a train running late blocked the path for several hundred runners. Many risked life and limb to beat the train across the tracks. Sheila elected to bide her time. More on that later.

The bridge crossing the river also presented another challenge. It was a 150-foot climb in less than a mile. Anyone suffering leg cramps had their mettle challenged by the St. John's Bridge.

A well publicized component of this marathon is the fact that it is a “closed course.” No friends, relatives or training partners are permitted on the course to keep runners company or pace them. This is particularly enforced with regard to those who elect to ride a bicycle beside a runner. Three years ago in this race a cyclist ignored repeated warnings of race volunteers to exit the course. Watching his runner rather than his whereabouts he was struck by a city tram. He did not die but he no doubt ruined the day for the runner he was accompanying. As one approaches the bridge, army reservists are positioned on both sides of the race course. Anyone spotted without a number is physically removed from the course. There is fair warning with many signs: “No bib number: No bridge.”

Miles 17 to 24 follow the opposite bank of the Willamette River. This side of the water is through residential neighbourhoods with encouraging fan support. Music greets the runners at 16 points along the course. The Hash House Harriers offered cups of beer at mile 23. I also got the distinct impression that this is a serious running community (Nike's headquarters are in a suburb.) The vocal





EVENT REPORT

2009 PORTLAND MARATHON: COMPETING IN A “WEIRD” AND WONDERFUL “CITY THAT WORKS” (CONT’D)

By Tom Lawson and Sheila Casey

encouragement along the course seemed to be of a knowledgeable “I’ve been there before” nature.

Mile 24 is another cross over the water on the Broadway Bridge for the last two miles back downtown and the finish line. I only managed to catch up to Sheila at mile 26 and we both crossed in 3:29.

What stands out about this race is volunteer component. With 8,000 participants there were an astounding 4,500 volunteers. Aside from direct charitable giving, this race provides funding for hundreds of local charities, non-profits, sport clubs, schools and service clubs. The race is wholly non-profit and plows all revenue back into the community. The 2009 race generated more than \$2 million for Portland charitable organizations.

As we made our way through the finishing chute we were aided by volunteers from the Boy Scouts, youth soccer teams, the Kiwanis club, a high school symphony and a church group. They provided copious food, drink, blankets, medals and commemorative pins. We were even given a small cedar seedling which all participants are encouraged to plant and submit a photo of their place of planting. This event gives back and with the trees it will keep on giving for years.

Oh yes, back to the train debacle.

After two weeks of research and study, the organizing committee sent this e-mail to Sheila: “We have identified the trains and calculated the disruption times. Northbound Amtrak moving toward the station crossing Naito Blvd and the Steel Bridge about 7:50 a.m. Deduct 3 minutes and 12 seconds.”

As for the nuts and bolts of this race, there were 8,148 finishers with the winning male, Jason Finch coming in at 2:24. Yuri Yoshizumi was the winning female at 2:55.

At the outset I commented on the forward thinking approach this city embraces. This fully extends to many other aspects of the municipal fabric. More than 30 pubs brew their own beer. The citizens are huge locavores who support the outstanding culinary offerings. Restaurants invariably grow their own vegetables, butcher their own hogs. Organic and sustainable are by-words wherever you turn. One lounge even distills its own gin. Coffee bars buy their beans directly from farmers in Ethiopia and Nicaragua. It’s very difficult to dislike a city that celebrates happy hour in virtually every restaurant and bar from 5 p.m to 7 p.m., and 9 p.m. until closing.

Used book shops and vinyl shops abound (our hotel room had a turntable). Music venues are vast, the arts community is robust and it’s a city that prides itself in having the highest percentage of citizens in the United States using bicycles to commute to work.

It’s a city that makes one realize many positive things are happening in the United States. It also has a marathon that exceeds the needs and challenges of runners of all stripes. We can learn a lot from a city that captures its essence on all their municipal vehicles: “Portland: The City That Works.” I prefer the alternative motto that appears on the bumper of many residents: “Keep Portland Weird.”

(Tom Lawson and Sheila Casey live and work in Ottawa. They have been running together for more than 25 years and have run numerous international marathons, including Buenos Aires, Boston, Berlin, Barcelona and Portland.)

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

MOIRA MCDONALD

RAINER BLOESS

KIMOTHY WALKER

DAN ROACH

HEATHER BOYD

CARL MARTIN

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

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RYAN CAMERON :

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