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ON THE RUN



Run Ottawa



A WINTER CLASSIC TURNS 30 IN 2012

By Joe Du Vall

The Richmond Road Races will hit its third decade when the 5K and 10K races are staged on Sunday, Jan. 15, 2012, in this burgh on the southwest fringes of Greater Ottawa.

Sponsored by Bushtukah Great Outdoor Gear, the races start and finish from South Carleton High School and traverse rural roadways which lie south of town. The civilized start time of 10:00 a.m. is a much appreciated little perk on Sunday morn in winter.

January in Ottawa can be a potpourri of weather conditions and rest assured we have seen all kinds since the race started in 1983. Regardless of what is thrown our way, runners have made the trek out to Richmond to take on the elements and then revel in the post race ambiance. It is an ingredient that never fails to disappoint as the prospect of a new year has started to unfold and folks bump into acquaintances not seen for a few months. Our hot soup and other victuals seem to taste better right after a hard effort.

So, with a limit of 500 runners, it is recommended you take care of business ahead of time. All the information can be found at runottawaclub.com or contact Joe Du Vall, operations@runottawa.ca

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

Thanks,

John Halvorsen



THE RUN OTTAWA CLUB HOLIDAY GIFT GUIDE 2011

The Christmas shopping season is upon us, so what could be more useful than a helpful gift suggestion guide for the runner on your Christmas list?

To compile this list, we polled a number of club members, asking for their recommendations as to the most useful gift ideas for the novice runner, the more experienced runner, and the aging “road warrior”. The most popular suggestions are provided in the table, below.

Happy shopping!

NOVICE RUNNERS	INTERMEDIATE RUNNERS	ANCIENT ROAD RUNNERS
Gift certificate for quality running shoes	Running toque and gloves	Wind brief Depends
Race Day Kit – entry in a local 5K or 10K, gel(s) or energy bar(s), electrolyte drink powder, water bottle, Body Glide, Tim’s gift card	Race Day Kit – entry in a local race, gel(s) or energy bar(s), electrolyte drink powder, water bottle, Body Glide, Tim’s gift card	Gatorade crystals – the new prune flavour
Basic running clothing (tech shirts, tights); wind briefs	Reflective running gear	Heart rate monitor, with defibrillator
MP3 player loaded with upbeat tunes	Electronics: Heart rate monitor, or GPS device	GPS, pre-programmed with directions home
Training log; subscription to a running magazine	Gift certificate for massage therapy	The new Jog Bra – hammock version
Safety kit: Road ID, head lamp; flashing light(s), reflective vest	Run gear with Canadian logos or flags (suitable for Boston)	Sharkies, with stool softener
Book – training basics (e.g., the Complete Book of Running, the Lore of Running)	Motivational book – (e.g., Why I Run; What I think about when I think about running; Dare to Run)	A carbon-fibre “racing” walker

CHICAGO MARATHON RACE REPORT

The Chicago Marathon was my third “big city” marathon (I won the lottery and ran New York City in 2009, and squeezed the Tokyo Marathon into my travels to Asia in 2010). With the promise of a fast and flat course, I was hoping to improve on the 3:12 I had run in May on the new Ottawa course. I trained hard all summer and entered race week feeling confident. I was ready to execute the perfect marathon. The only thing in my way was the one variable a runner cannot control – the weather.

Unfortunately, Chicago has developed somewhat of a reputation for unseasonably warm temperatures on race day. This year was looking no different: a high of 27 degrees was forecast for marathon Sunday.

The free shuttles to the expo and packet pick-up were just a short walk from our downtown hotel. The wait to board was under 10 minutes late Friday afternoon. Things were crowded once we arrived at McCormick Place (the largest convention center in the United States) and I quickly picked up my bib and race shirt (which left a lot to be desired in terms of quality and design) and wandered into the spacious expo itself. There were TONS of freebies and samples, along with the usual exhibitors for other races and charities. The running gear and race merchandise for sale at the expo was colourful, interesting, and reasonably priced and I left with everything on my shopping list.

I went for a short jog to loosen up on Saturday morning, realizing a huge advantage of staying near the start/finish line: I was able to run the last mile of the course, including what many consider to be the toughest part – a 200 meter incline near the 26 mile marker. The rest of the day was spent carb-loading, hydrating, and admiring Chicago’s renowned architecture.

With the promise of a fast and flat course, I was hoping to improve on the 3:12 I had run in May on the new Ottawa course

At 6:30 a.m. on Sunday I joined the crowds heading down Michigan Avenue towards Grant Park. I had qualified for the second of four seeded corrals. This meant that once inside, I would only have 2500 runners in front

of me. The logistics of getting into the seeded start corrals were stressful to say the least. Chicago does not have a wave start, so over 40000 runners were fighting their way to the start line. Once

I made it to the seeded corral area, I still had to push my way towards the B corral. The port-a-potty line-ups were 30 deep at 7:10 a.m. Panic mode set in. I decided not to wait in line and joined several other runners (not just males!) who were using the grass/trees/fences and then finally managed to get into the overcrowded B corral just minutes before it was closed off. I sipped my electrolyte drink in nervous anticipation. The elite runners were introduced. The countdown began and at exactly 7:30 a.m., the starting gun went off. It was 16 degrees, without a cloud in the sky. It was obvious to everyone that the mercury would climb quickly as the sun rose higher.

Chicago is a beautiful urban setting for a marathon. The first three miles display the modern architecture of the Loop. The tall buildings eventually are replaced by tree-lined streets, with enthusiastic crowds welcoming runners. Over the course of 26.2





miles we are treated to the diverse cultures of 29 vibrant neighbourhoods - Greektown, Chinatown, Little Italy and Pilsen (Chicago's largest Latino community) to name a few. The local residents of these individual neighbourhoods offer an amazing amount of energy, entertainment, and cowbell. The aid stations are pretty much perfect: frequent (almost every mile), well advertised, and well staffed with lots of enthusiastic volunteers. And they were long – as long as a city block in most cases. Just past the 23-mile marker the course turns onto Michigan Avenue, and it's nearly a straight line to the finish. The volume of the crowd intensifies. With 400 meters to go, the cheers are deafening, which is a good thing, since the largest incline of the course is here as you descend Roosevelt Road before making one last left turn to the finish.

I crossed the finish line and collected my eleventh marathon finisher's medal. It was close to 11:00 a.m. and 23 degrees. There were lots of volunteers with their eyes peeled for anyone in distress. The usual post-race food was on hand, with one refreshing addition – free beer! I sat down, enjoyed a cold one, and tried not to feel too sorry for myself. The stars had not aligned but I had run a solid race in tough conditions. There would be another day.

So how did I do? I crossed the finish line in 3:16:36. I was 45 seconds off pace two miles in due to the crowds and bottlenecks. I slowly regained those seconds as the roads opened up, and by the 10K point I was hitting my splits as planned. I was in a great rhythm until an unscheduled pit-stop at 19K cost me nearly a full minute. I went through the



halfway point 40 seconds too slow. Physically, I felt pretty good; but mentally, I was struggling. A negative split marathon is a challenge on a perfect day, let alone one where the weather was 10 degrees warmer than ideal. By the 25K marker I had lost 13 more seconds and I knew I wasn't getting them back. I made the decision to shift from marathon pace to long run pace, and I enjoyed the ride for the next 17 kilometres.

Would I recommend this race? Absolutely! It's a world-class event in a world-class city. The organization is impeccable. The volunteers are encouraging. The spectators (estimated at over 1.3 million) are amazing. If you want to run in a "big city" marathon, Chicago should already be near the top of your list. With New York City recently announcing changes to its lottery rules (making it more difficult to gain entrance) and Boston's well-publicized qualifying time tightening, you should mark early February on your calendar when registration for the 2012 edition of Chicago will open. (N.B. It sold out in 31 days last year).

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2011 PRINCE EDWARD COUNTY MARATHON RELAY

By Carol Sinclair

A team of runners from Kanata, Stittsville and West Ottawa represented the Run Ottawa Club at the PEC marathon relay on Oct. 2. Team members Kathleen Magnussen, Nancy Morrison, Carol Sinclair, Carol Moore and Marg Brockbank were seventh overall among 39 teams and first in the women's relay division in 3:39:52.

The venue was fantastic, the weather a bit cold and wet but a terrific event nonetheless. The ROC Tigerbelles had an unusual taper day on Saturday, riding throughout the county and sampling wine from local wineries. A new kind of carbo loading that suited everyone just fine. Harvest weekend was in full swing with lots of friendly faces, parties, and bands playing at local wineries, so there was a festive atmosphere that carried over to Sunday.

Race day dawned cold, wet and dark, but the T-belles were warm and cosy in their team gear, each waiting fairly comfortably to do a leg of the relay. The course was scenic, fairly flat and fast, and despite the cold and wet, the local crowd came out to support the runners.

The ROC Tigerbelles give event organizers full marks for a social and well run event and encourage others to join us next year, making it a ROC relay team challenge. Put it on your calendar.

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Carol Sinclair has done her share of running and racing over the years including four Ironman triathlons, several marathons and local classics.



2011 BRUXELLES MARATHON

**BEST FINISH
IN A DOZEN YEARS
BY TOM LAWSON**

Brussels, as home to the European Parliament, was engaged in trying to solve the European debt crisis. Amidst this laborious activity the city took time out on October 2 to hold the eighth edition of the Brussels Marathon.

Just under 2,000 runners lined up in Parc du Cinquenaire under clear skies and 14 degrees. The field had a small component of four elite Kenyan runners along with a field of European runners capable of sub 2:25s.

As one may know who has raced in old European cities the issue of cobblestones is prevalent. Brussels was no exception. This coupled with tram tracks required runners to be vigilant of foot placement.

The first 10 kilometres of the race circle around the urban core of the city. With passages of the Royal Palace, the Magritte Museum and the Parc de Bruxelles, racers then headed out towards the leafy surroundings of the suburbs. The race offers four significant climbs of typically 50 metres over one kilometre. This is followed by matching downhills that challenge the mastery of hill running.

The race reaches the halfway point in Parc de Woluwe. The park portion offers a welcome respite from the rising temperatures. Somehow the majority of the course seemed to follow roadways that offered leafy coverage.

The race does a turnaround in the village of Tervuren. This portion offers beautiful lakes, parkland and a soft and comfortable running surface. The park is home to the world renowned Museum for Central Africa. Heading back towards the city, the marathon route links up with the half-marathon racers. Depending on one's condition this offers either encouragement or envy for their higher level of energy. As one approaches the Grand Place the crowds get bigger and the roadway narrows to three-metre wide cobblestone.

Be prepared and focused but also be loose. Listen to your body. This may be heresy to some runners but I never looked at my watch once during the race.

The finish line in the Grand Place offers ebullient supporters and a vast selection of fluid and food replenishments. Unlike The Flanders Marathon, much to my disappointment, no one was offering bottles of Passchendaele beer.

The Kenyan Paul Kiprop was the winner, crossing the line in 2:14:51 with the female winner, Mariska Dute of the Netherlands breaking the tape in 3:00:01.

With a finish time of 3:15:44 I had somehow managed to post my best finish in the past dozen years. To dissect this I reflected on a number of different approaches in my preceding months of training.

A recent article in The New Yorker magazine posited the question: is there a role for coaching in both our professional and recreational pursuits? Coaching played a paramount role in my preparation for Brussels. Despite racing for 30-plus years one can always glean new aspects of road racing.





The Tuesday night Run Ottawa Club group, guided by Paula Burchat has played a significant role in improving the performances of many runners this year. I am a much better hill runner and this paid big dividends in Brussels. My racing posture has, I believe, improved. I now ingest small packets of salt during a race. Never underestimate the value of tutelage to many things you tackle in work and play.

The second aspect that I believe played in my favour was relaxation. Be prepared and focused but also be loose. Listen to your body. This may be heresy to some runners but I never looked at my watch once during the race. And oddly enough it was the first time I have ever done a negative split by almost 90 seconds.

Before the Ottawa Marathon this spring I lived like a monk for the two weeks prior to the race. Sleep, diet, good behaviour. Two weeks before Brussels I was in Arizona eating french fries, steak and drinking wine under the desert stars. Do I prescribe this diet prior to a race? It seemed to have zero effect on my performance.

The city of Brussels, as many of you know, often gets a bad rap. Somewhat conservative, boring. How can a city be cosmopolitan that is in love with the cartoon Tintin?

As you may know if you've raced in old European cities, the issue of cobblestones is prevalent. Brussels is no exception.

My partner Sheila Casey and I found none of this. We found it sophisticated, culturally alive and completely fulfilling in our culinary and late-night requirements. There is an air of European manners and etiquette. People do not walk down the street drinking coffee nor do they work on their laptops in cafes. Family and friends are important and there is much to be said for this emphasis on cafe society sociability.

Of particular note in the Belgian capital are the delicious bowls of mussels and frits accompanied by a myriad selection of carefully crafted beers. Whether it is well aged strong ale, cherry kriel, blonde, lambic or pilsner there is most certainly a flavour profile to suit ones needs apres a marathon.

They seem to live a good life in the Belgian capital. Maybe they do have things figured out but choose to live under the radar. Berlin, Barcelona, Buenos Aires and Boston offer fine races. I'm adding Bruxelles to my list of fav's.

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Tom Lawson runs marathons all over the world. Brussels was his 30th.



THE ING HARTFORD MARATHON

BY NANCY MORRISON
AND DAVE PALMER

WHAT IS IT?

Full marathon and relay, half marathon and 5K.

GETTING THERE

Good four-lane roads all the way, about eight hours of driving from Ottawa.

THE CLAIM TO FAME

America's greenest marathon.

There is no paper registration, everything is done online. Volunteers at both the late registration tables and at the check-in for pre-registered runners at the expo all had laptops; race bibs and numbers were assigned on the spot and entered directly into the system. The goodie bags were reusable plasticky-cloth bags; the goodies had been provided earlier in the form of online coupons that you could use or not, as you see fit.

At the finish line, first, we were able to drink from dozens of water fountain nozzles attached to a long pipe which was fed from a water truck; then we were all handed a reusable plastic bottle pre-filled with water.

Then came the space blankets, which were going to be recycled. Preliminary results were provided at computer kiosks rather than via any paper-based system.

OVERALL RATING B+

This event is very well organized, it is a manageable size and offers everything you'd want in an event. And the "green" theme is certainly to be appreciated. However, the marathon route was complicated and we didn't find anything compelling about Hartford itself as a destination.

DETAILS

The half (5,100 runners), full marathon (2,200), and 120 relay teams started together and followed the same route for about a mile. The routes then diverged until the finishing stretch and common finish line. The 5K (1,400) also started at the same time but from a separate start line, though it too used the same finish line as the other events.

The marathon route was incredibly convoluted for the first nine miles, never getting too far

from the downtown core, before eventually heading eastward for a long mostly out-and-back route. One participant joked afterwards that he was expecting to receive a piece of cheese for successfully negotiating the maze early in the day.

Those who like to drive the route beforehand would have been out of luck - not only was tracing the route a challenge, but the route also includes bike paths and going against the flow of traffic on some one-way roads. It was not a flat route; there were no killer hills but there was a fair bit of up and down, particularly in the early going. Unfortunately, the last two miles were mostly uphill. The on-course amenities were all well done: well-signed mile markers, each with a digital clock; regular and well-staffed aid stations; a number of musical acts along the way.

The recovery area was also well done ... live music, the usual post-race food (plus food for purchase, for non-runners), massage services, race merchandise for sale and a beer garden (one free beer came with each adult entry).





PHILADELPHIA MARATHON AND HALF

ROC (RUN OTTAWA CLUB) ROCKS

PHILADELPHIA, Pa. _ It was a shorts and singlet day when Run Ottawa Club members hit the start line for half and full marathons Sunday, Nov. 20.

About 40 people took a chartered bus from Ottawa to downtown hotels in Philadelphia, The majority bunked at the downtown Marriott, a three-minute jog to the race expo in the Philadelphia Convention Center and even less distance from the yummy market.

And here's what some of you had to say about the trip and events.

KATHLEEN BOUCHARD, MARATHON

What a weekend! The Run Ottawa Club bus trip to Philadelphia was a huge success. Plenty of leg room on the bus, well organized pit stops and central hotel accommodations made the event truly worry free. Philly is a gorgeous city with so much personality and a great vibe for a marathon. The weather was ideal and the sights were awesome. A balanced mix of downtown with a nice long stretch along the water. This was my second full marathon and won't be my last.

I would not qualify the second half of the course as flat and fast but, the downhill parts helped pick up the pace and allowed me to shave three minutes off my first marathon time last year in Montreal. The event was very well organized and I would definitely do it again... maybe not tomorrow but in a month or two.

DINA SALVADOR, HALF MARATHON

Philly is a beautiful and historical city. The course was great. It was very scenic; however, I wouldn't consider it flat. It had lots of turns and hills which made an impact on your time. The bus trip was very well organized and overall I had a great experience.

CHRIS JERMYN, MARATHON

Thanks to Joe Du Vall for a superbly organized trip and MC Dave Palmer for keeping track of the runner cats. A great day to run, but a crazy age grouping in my case, 70-98. A well organized marathon and half marathon, the first 13.1K through the city and the second 13.1K heading out and back along the Schuylkill River. Tougher than I expected, but that was me, not the course. Lots of great spectator support. Great fun.

RUN OTTAWA CLUB RESULTS MARATHON

Leon Sutherland
M 25-29, 3:29:00 age group 229.

Kathleen Bouchard
F 30-34, 3:53, age group 184.

Laurie Meaney-Tobin
F 44-49, 3:45:03, age group 43.

Laurie Hardage
F 50-54, 4:12:22, age group 49.

Chris Jermyn
M 70-98, 3:45:12, age group 1.

HALF MARATHON

Dina Salvador
F 44-49, 1:38:53, age group 7.

George Ferrier
M 50-54, 1:50:49, age group 61.

Dave Palmer
M 55-59, 1:36:23, age group 7.

RUN OTTAWA CLUB ROAD TRIP # 2

COVERED BRIDGES HALF MARATHON, POMFRET TO WOODSTOCK, VERMONT, JUNE 3, 2012

The Run Ottawa Club invites all members and interested runners to sign up for our first road trip of 2012, the Covered Bridges Half Marathon, being staged on Sunday, June 3. It is one of those races that reach capacity the same day online registration opens in early December, 2011. Fortunately, we have 50 spots reserved.

Our group will take a charter coach from Ottawa early Saturday, June 2, head to White

River Junction and stay at the Fairfield Inn. The cost for transportation and accommodation is \$170. Once registered, you will be sent information on how to register for the race. Rooms will be double occupancy and available on a first-come, first-served basis. We will leave after the race and get back to Ottawa sometime Sunday evening. The deadline to register for this trip is Wednesday, Jan. 18, 2012 via runottawaclub.com Go to cbhm.com to get all the details on the race.

This is the second trip planned by the Run Ottawa Club, the first offering being the 2011 Philadelphia Marathon, Nov. 18-20, which attracted 41 passengers. For more information, contact Joe Du Vall, operations@runottawa.ca or 613-234-2221

COMING EVENTS

Compiled by Jim Robb // robbe171@rogers.com

SATURDAY, DEC. 10

FROZEN FOOTE 4-RACE SERIES gets underway in Canton, N.Y. Four-miler starts at St. Lawrence University at Appleton Arena. Register from 9 am in lobby of Appleton Arena at university. Race start is 10:30 am. \$5 US for all four races or \$2 per event. Complete three and you get a commemorative T-shirt. Information from race director Peter Feickert pfeickert@verizon.net

SATURDAY, JAN. 14

FROZEN FOOTE SERIES, race 2
(see details above).

SUNDAY, JAN. 15

30th edition of the **RICHMOND ROAD RACES**. Presented by Run Ottawa Club, and sponsored by Bushtukah Great Outdoor Gear. Start and finish at South Carleton High School, 3673 McBean Street, Richmond, ON. Limited to 500 runners. Race start 10 am. No race day entries. A hot lunch awaits runners when they come in from the cold. Go to runottawaclub.com for more information and to register.

SUNDAY, JAN. 22

HYPOTHERMIC HALF MARATHON run, walk. Information and entries at runningroom.com

SATURDAY, JAN. 28

COLTON, N.Y., WINTERFEST 10-MILE RACE.

Run 10 miles from the town of Colton and surrounding area on roads that meander through the countryside. Five-year age categories and great post-race grub. Contact Dan Dominie, Race Director (315) 379-9290. Enter online at northernrunner.org

SATURDAY, FEB. 4

WINTERLUDE TRIATHLON. 8K skate, 5K ski, 5K run. Start at 9 am at Dows Lake Pavilion. Course on Rideau Canal and through Arboretum. Information and entries at zone3sports.com

SATURDAY, FEB. 11

FROZEN FOOTE SERIES, race 3
(see details above).

SUNDAY, FEB. 19

WINTERMAN MARATHON. Includes marathon relays, half marathon, plus 10K, 5K, 3K events. Start and finish at the Canadian War Museum. Information at somersault.ca

SUNDAY, FEB. 26

PETERBOROUGH YMCA HALF MARATHON and 5K run/walk, 1K kids run. Half marathon starts at 11:30 am. Information and entries at runningroom.com

SATURDAY, MARCH 10

FROZEN FOOTE SERIES, race 4
(see details above).

SUNDAY, MARCH 25

AROUND THE BAY ROAD RACE, Hamilton, ON. 30 tough kilometres. Great tune up for Ottawa Marathon. 9:30 am start. Enter early, this race fills up fast. Information and entries at aroundthebayroadrace.com and runningroom.com