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Run Ottawa



EVENT REPORT

WHAT'S HAPPENING WITH YOUR CLUB

By Dave Palmer

A FANTASTIC START TO 2011

What a great way to start our 2011 program of races – with a sold-out event in Richmond. Registration for the 5K and 10K events this year was almost 50 per cent higher than last year, leading to the first sell-out in the event's 29 years. See race director Joe Du Vall's report elsewhere in this newsletter.

We are very excited about the slate of Run Ottawa races this year.

Our next event will be on May 10th, with the first of the popular 2011 Beaver Chase series of runs in Kanata. That will be followed by the inaugural running of the Wildcat Series in Orleans, the annual Canada Day runs in Kanata (record turnout in 2010), the mid-summer No Frills 10-Miler at the Experimental Farm, the Jim Howe Cross-Country races, and finally, the Cookie Run, which also enjoyed record turnout in 2010.

And, of course, there is the biggest event of them all – Ottawa Race Weekend – which takes place this year on May 28-29. Not surprisingly, our

office staff are focused on getting ready for the arrival of the expected 40,000 runners, as our goal is to ensure that this event continues to be world-class in all aspects of its presentation. This event sold out in 2009 and 2010, and registration is already ahead of 2010 levels. Register now to take advantage of your member discount and to avoid missing the action!



Club Apparel is now available – ranging from performance tees to jackets, vests and warmer pullovers. You may have seen Dennis Ferris's display of samples at the Army Run expo or more recently at Richmond. We have negotiated prices for each item that reflects a discount off the supplier's (Race Merchandise) normal selling price. Ordering is easy – follow the link from the



club website to the Run Ottawa page on the Race Merchandise site, select the items you want, make your payment and arrange for shipping directly to your door.

New ROC apparel is now available.

One clothing item that will not be regularly available is the club singlet. These, are only available as a special order. We will, however, arrange for a special order in time for the spring racing season and, again, in time for fall races. See the information in this newsletter and on the club website on how to order a singlet for delivery in time for spring races.

CLUB MEMBERSHIP

Your annual membership is valid for 12 months from the anniversary of your enrolment. Don't forget to renew, when that date comes around (it's on your membership card), to keep the membership benefits flowing your way. If you do happen to miss your renewal date, we'll send you a reminder e-mail.

With the growth in membership, we'd love to expand the services available to our members. But to do so, we need volunteers to take leadership roles in managing such activities. At the moment, we are looking for volunteers to lead the following club initiatives:

- » A summer or fall bus trip to an out-of-town race.
- » Club social events and runs, such as the December Jingle Bells run organized by Shari de Jong (thanks, Shari!).
- » Community-based social runs (such as the Thursday night group in Kanata).
- » Newsletter committee.

Please contact Joe Du Vall, operations@runottawa.ca if you are interested in helping to make these (or other) events a reality for your club!



SPRING, SUMMER SINGLETS SIZZLE

By Swagman Dennis

The new Run Ottawa Club colours were first displayed at the Army Half Sports Expo in September with a selection of gear including jackets and tech shirts.

Our swag was again on display January 16 at the Richmond Road Race and piqued the interest of many there. Our new dazzling red and white club singlet was also available for close-up inspection.

We encourage you to check the stock available by clicking on the **Club Running Gear** link on our home page. By ordering online, the product is delivered directly to your home address. No waiting, no delay!

As the singlets are the only item our supplier needs to order in bulk, they will be only available for purchase a few times a year. So if you want one in time for the spring/summer running season, contact Dennis Ferris at ferris0103@rogers.com indicating size, S, M, L, XL, or XXL, men's or women's, by 28 February. Expected price is \$25.

We encourage as many of you as possible to order our new Run Ottawa Club race singlet and wear it with pride at all your spring and summer races.

Let's show Ottawa the strength of the Run Ottawa Club.

See you at the races.

OATMEAL FUEL FOR THE LONG RUN

By Dave Palmer

»AS MANY club members embark on training plans that involve longer and longer week-end runs, we thought it might be interesting to see how those individuals “fuel up” for a long run. So we asked a number of club members “What is your favourite pre-run breakfast?”

A few of you favour toast, typically with peanut butter – with or without banana – but the overwhelming breakfast of choice was oatmeal. Not that plain, lumpy variety of oatmeal that many of us painfully remember from childhood – club members have found a wide variety of tasty and nutritious ways to dress up their morning bowl of that long-lasting fuel.

Robyn Hardage uses one of the more basic oatmeal recipes, adding chopped banana and raisins, and serving with almond milk. Brenda Cuggy swears by one of the more elaborate recipes, adding ground flax seeds, bran flakes, sunflower seeds, almonds or cashews and cinnamon, and serving the oatmeal with applesauce on top. Probably the most daring ingredient mentioned by club members is prunes, one of the several ingredients that John Ramcharan adds to his pre-run bowl.

Some of you also mentioned specific side dishes you would serve with your oatmeal. Paula Burchat recommends a scrambled egg, for a dash of protein. Jennifer Wills also likes the added protein from eggs, but she favours cooking three egg whites into her oatmeal, to yield a creamy texture. Many mentioned yogurt, either stirred into the oatmeal or as a side serving. For instance, Robyn enjoys a side serving of yogurt with fruit and her mother Laurie’s granola. [\[SEE RECIPE SIDEBAR\]](#)

And, although we did not ask this question, many of you commented on what not to have before the run. Don Taylor points out that dairy products can lead to digestion issues that may be problematic when you’re miles from home, while many noted the dangers of consuming too much coffee before the run. And how many of us would dare follow John’s example of including prunes in his breakfast menu?

Whatever their particular preference, the club members we polled all recognized the importance of starting their longer runs with a full fuel tank. George Ferrier summed it up well: “I prefer stocking up before the run rather than taking in a lot of gels later on.” ■

ADD ANY OF THE FOLLOWING
Raisins or dried
cranberries. Blue-
berries. Almonds,
cashews or walnuts.
Ground flax seeds.
Bran flakes. Maple
syrup. Yogurt (for
a creamy texture).
Cinnamon. Vanilla.

LAURIE HARDAGE’S GRANOLA RECIPE

9 cups rolled oats. **1 cup** oat bran. **1 cup** wheat germ.
3 cups chopped nuts. **2 cups** sunflower seeds.
¾ cup sesame seeds. **1 cup** coconut. **1 tsp** salt.
1 cup maple syrup. **¾ cup** canola oil. **3 cups** dried fruit.

Preheat oven to 300 degrees. Mix together first seven ingredients in a large roasting pan. Warm syrup and oil together. Pour over the dry ingredients. Stir together well. Roast 30 to 40 minutes in 300-degree oven. Stir occasionally. Bake until golden. Cool, then stir in the dried fruit.

Store in sealed containers or Ziplock bags. It must be stored in the fridge and/or freezer if you are going to keep it longer than a week.

DOUG MCGINN’S SECRET BREAKFAST RECIPE

Doug maintains a collection of re-sealable containers that keep all his favourite ingredients at his fingertips. That leads to a simple approach to preparing this high-energy breakfast:

1 spoon sunflower seeds. **6 spoons** quick oats.
2-3 spoons almonds. **2-3 spoons** dried cranberries.
2-3 spoons frozen blueberries. **2-3 spoons** raisins.
2-3 spoons dried pitted dates (cut up with scissors)
2-3 spoons dried apricots (cut up with scissors)

Mix ingredients in a bowl with your spoon. Add milk to cover ingredients. Eat cold or microwave (for 1 minute and 40 seconds).

Yum! Yum! Yum!

2011 RICHMOND ROAD RACES

29 YEARS AND COUNTING

By Joe Du Vall

»THE RICHMOND Road Races event actually started out solely as a 10K back in 1983, the 5K added several years later. Total registrants have fluctuated over the last few years, reaching a five-year high of 367 last year.

We hit our self imposed limit of 500 runners a few days prior to the race day, a lofty objective back in October when registration began but done so to make sure our facilities could handle a reasonably sized crowd.

Race day dawned sunny, accompanied by a pesky north wind that produced a wind-chill of minus 18 degrees as the throng of 261 runners headed out for the 10K race. Things were going well as the first main pack of runners went through 2K under well under eight minutes. However, things went awry for this group as they were sent the wrong way by a marshal at the junction of Dobson Lane and McCordick Road. Thankfully, an alert Ottawa Police Service officer got them turned around before they had run less than 200 metres. Despite this added distance, it did not impact significantly on the overall outcome in terms of placing but no one wants to run any extra distance in a race.

Those affected handled it with class and grace although such an “ennui” does not sit well with the race crew. We have already addressed this faux pas as we think ahead to 2012.

The 5K race took off 10 minutes after the 10K race as 188 runners headed down McBean Street to the halfway point on Dobson Lane. It was quite a sight as 450 runners made their way to the finish line as both events finished under the large structure set up in front of the high school. As the clock ticked on to 11:30 a.m., every table in the cafeteria was full of runners who were gratefully enjoying the hot soup and all the other goodies served to all. It is a visual reward to see so many people in one room, basking in the post race glow.

Richmond has always relied on two things; a dedicated organizing committee comprised of Bill Williams (results and registration) and Derek Rogers for route management. a great crew of volunteers and partners who help us willingly each year are listed below in no particular order. We thank everyone for their support, including all the runners who keep coming back. ■

VOLUNTEER BOARD MEMBERS

JOHN HALVORSEN, President
WENDY WAGNER, Vice-President
MANNY RODRIGUES, Treasurer
DAVE PALMER, Club Services Director
RAINER BLOESS
KIMOTHY WALKER
HEATHER BOYD

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RACE KIT PICK UP

Laurel Davidge, Bill Horne, Allie Heinmiller, Doug McGinn, Martina McGinn, Brenda Tirrell, Karen Von Jagow, John Fuller, Phil Tughan, Janice Tughan, Angela Romany, Vicki Plant, Theresa Roberts.

FOOD PREPARATION & SERVING

Joyce Acton, Patti Snarr, Chelsea St. Laurent, Eva Von Jagow, Maddie McDonald.

ROUTE

Ken Trischuk, Nancy Morrison, Ben Von Jagow, Sheila Payne, David Stinson, Susan Murphy, Jim Murphy, Brennan Smith, volunteers from South Carleton High School and members of the Richmond Lions Club.

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

COMING EVENTS

Compiled by Jim Robb // robbe171@rogers.com

SUNDAY, FEB. 27

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

SATURDAY, MARCH 12

OTTAWA ST. PATRICK'S DAY RACES: 10K run, 5K run/walk, 1K fun run/walk. Course is out and back on Colonel By Drive at Immaculata High School (race headquarters). Information and entries at www.runningroom.com

FROZEN FOOTE SERIES, race 4, final in series. Information from race director Peter Feickert 315-229-5559 or 315-379-9784, or e-mail, pfeickert@verizon.net.

SATURDAY MARCH 26

FREEZE YOUR BUNS OFF RUN FOR CHARITY. 10K run in Kanata. Start and finish at Kanata Baptist Church, 465 Hazeldean Road. Information and entries at www.runingroom.com

SUNDAY, MARCH 27

CDC/HDH RACES, Kingston, ON. Events include 10K run/walk, 5 K run/walk 1K kids run/walk. Race headquarters at Army, Navy and Air Force Club, 317 Gore Road. 10 am start. Information and entries at www.runningroom.com.

SUNDAY, APRIL 10

MINTO RUN FOR REACH races. Events include Vittoria Trattoria half marathon, 10K run, Enbridge 5K, Tim Horton's 3K family run, 5K team challenge, 5K wheelchair race, 5K youth challenge. Half marathon start 8 am, others follow. Start and finish at Ottawa City Hall. Information, entries at www.runningroom.com.

SUNDAY, APRIL 17

OTTAWA PHYSIO RACES: 10K run/walk, 2K run/walk, 2K family run/walk, 10K and 5K run/walk team events. Start and finish on Colonel By Drive at Immaculata High School. E-mail contact is erin@ottawaphysiorace.ca Details at www.ottawaphysiorace.ca Information and entries at www.runningroom.com.

SATURDAY, APRIL 30

RUN TO END MS, Cornwall, ON. Half marathon plus 10K run, 5K run/walk, 1K kids run. Half marathon start 9 am. Information and entries at www.runningroom.com.

SUNDAY, MAY 1

MUSTANGS SPRING STAMPEDE, St. Michael Catholic High School, Kemptville, ON. 10K and 5K runs, 10 am start; 2K fun run, 11:30 am start. All young participants in fun run get a ribbon. Register on race day at high school or online at www.eventsonline.ca/events/mustangs.

HIKE FOR HOSPICE, 5K walk in Old Ottawa South. Information at www.hospicemaycourt.com.

INNOVAPOST SHARE THE POWER OF A WISH RUN/WALK. Events: 10K run/walk, 5K run/walk, 1K kids 14 and under. Corporate, family and school team as well as individual entries. Start and finish at Ottawa City Hall. Information and entries at www.runningroom.com

SUNDAY, MAY 8

PLACE D'ORLEANS MOTHER'S DAY RACES. Half marathon, 10K, 5K, 3K events plus 1K Austin Wylie kids' run. Details and entries at www.somersault.ca.

TUESDAY, MAY 10

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

To get there: Hwy 417 to Eagleson/March Road exit, head northwest on March Road to Solandt Road (just past MDS Nordion) turning left at lights at Esso "On the Run" outlet. Take Solandt Road to end, turning right on Hines to parking at Legion.

Legend has it that a beaver lumbered out of a nearby swamp and chased the lead runner in the first ever Beaver Chase in 1994, then stood and watched as the pack thumped by. For information contact Joe Du Vall by email at operations@runottawa.ca or Ryan Cameron at Ryan@runottawa.ca.

SATURDAY, MAY 21

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

SATURDAY, MAY 28 AND SUNDAY, MAY 29

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

SATURDAY, JUNE 11

BARRHAVEN RUN FOR ROGERS HOUSE. 10K/5K/2K From Longfield-Davidson Heights School. All details at www.barrhaven-run.ca

LOOKING AHEAD

MONDAY, JUNE 27

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