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RUN OTTAWA NEWS

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ON THE RUN

2013 Richmond Road Races, photo by Ian Hunter

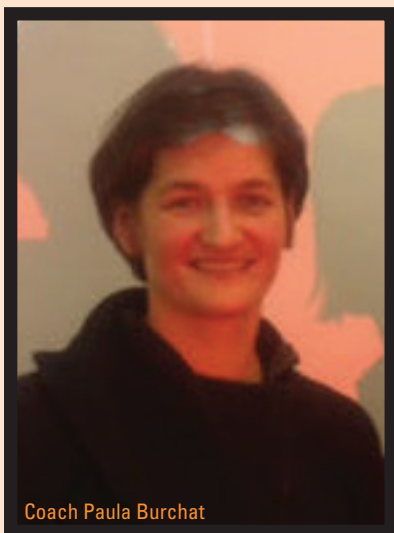


Run Ottawa



The following is not a litany of woe. It is more a testimony of how group leader Paula Burchat and members of this weekly Run Ottawa training group support one another before and after a race.

Run Ottawa Club members who are making plans for a spring race in 2013 are invited to check out the 'Tuesday Night Group' on our calendar page at www.runottawacub.com under "Upcoming Events" and click on the Tuesday link.



Coach Paula Burchat

"THINGS WENT DOWNHILL"

by Leon Sutherland - Prince Edward Island Marathon

I ran the Prince Edward Island Marathon on Oct. 14. I finished it in a huge PW time of 4:15 or so. It was a unique course and at times very PEI-ish and extremely beautiful.

THE COURSE:

The run started at 8am outside Cavendish on the north shore of the island. Conditions at the start were very cold (3C) but we were lucky that the wind wasn't too bad and the rain held off through the whole run. The first part of the run is 12 km through the national park and it was one of the most pleasant and beautiful runs I have ever gone on. The crowd of less than 1,000 was pretty small so we were pretty chummy.

The run through the national park was awesome.

After the national park the run goes south down a nice road with lots of cows, potato fields and usual PEI goodness. Pretty small hills. Not too many banked section of roads. At almost exactly the half-way point the run takes a hard turn east and goes 12 km down a fine

gravel trail called the Confederation Trail which used to be PEI's railroad route.

At km 34 you get off the trails and head south on main roads and streets towards downtown Charlottetown where the race ends in front of Province House. At the water stations there might be 50 or so people but in general the race didn't have a lot of spectators in comparison with bigger runs. The food at the end ranged from amazing (pizza) to hilarious (cold boiled eggs). The finishing medal is really nice. Overall a unique and fun marathon if you can survive the trail run.

MY RACE:

I made a last-minute game-time decision and opted for my winter tights instead of the shorts I had been planning to wear. Many times during the race I complimented myself on my good decision-making skills. Despite of whatever happened out there I was still proud of myself for that.

The run through the national park was awesome. Down the PEI road was good too. I felt strong. At the half-way point I was right on target to scrape by a PB of 3:28.

Things went downhill from there. As soon as I got on the Confederation Trail I realized that I was going slower than I should have been. I picked it up a bit but by 24 km my IT band started giving me serious warning signs of impending doom. I stretched it out a bit and kept running. I ran a few more k's with stretches getting more and more frequent.

By 30k it was all over and I was stretching very frequently. Eventually I gave up on hopes of a PB or even a decent finish time for me and tried to enjoy the rest of the marathon. Mostly walking and cheering on other runners. Could I have run more and walked less? Yes. Could I have pushed it and run the whole thing? Maybe. But that is what I did in Philly and absolutely destroyed my IT band.

So, I brought my A game to the Army Run and my B (or C or D or F) game to the PEI marathon. I knew I was a little undertrained but I thought that I would do a lot better. I seriously considered ripping off my bib in the last hundred meters so that the finishing time wouldn't forever scar my perfect running record. But I am OK with it. In the end I didn't get hurt.

THE COACH WAS RIGHT

by Rob Clay - Prince Edward County Marathon

I started the Prince Edward County Marathon in Picton, Ont., on Oct. 14. The short version of my experience is a DNF. You will not find it on Sportstats, but that was the outcome. It rained pretty much from start to finish but was mild. I have run some of my best marathon times in the rain so I was not worried about the weather - been there, done that, have the T-shirt, etc.

MY RACE:

As usual (coach) Paula (Burchat) was right. A couple of weeks ago at the Tuesday Night Group she talked about people getting sick at this time of the year prior to races . . . how the body needs time to recover etc. I had started a cold a week or so before the Army Run and skipped it to try to recover for Picton. Although I tried my best to hydrate during and after my cold it was not enough. Getting sick in the weeks leading up to a marathon is not recommended.

» OUR TUESDAY NIGHT TRAINING COACH, PAULA BURCHAT, COMMENTS:

Sorry to hear it went south so to speak. It is the marathon after all and these things happen. We prepare to the best of our abilities and on the day hopefully make good decisions and then take what comes. You made a good decision to shut it down and enjoy the day by helping others. That's worth a lot to each person you cheered on.

You made a good decision to shut it down and enjoy the day by helping others.

Perhaps this won't be as blissful a recovery as you would like but still celebrate the fact that you got through it. I can remember more than one race that had me knackered; it's the hard fought battles and big flops that have taught me the most. You learned from Philly and you'll learn from this one and be better for it.

» ADDS GEORGE FERRIER:

I know what that is like . . . I struggle with ITB issues too. Three years ago at Marine Corps I had to walk the last 15 km. It was disheartening to watch thousands of runners pass and I finished over five hours (PW). Since then I had always considered it a low point. After recently relating this story to a work colleague (whose wife is an Olympian) he complimented me on having the perseverance to finish even if I had to walk. It gave me a new perspective on the experience. It looks like you're already there. **Congratulations.**



I set out at a conservative 5 minutes per km pace. Just under 50 minutes at 10 km . . . 1:46 at the half-way mark. I was thinking anything between a 3:25 and 3:40 would be great given the season I have had. I was sticking to my race and fuelling plan.

In the end you're doing this for fun with nothing to prove to anyone but yourself.

As I got into the second half of the race, I started tightening up. I backed off the pace a bit to see what would happen. I tried a walk through a water station while I rinsed out the taste of gel and GU Brew. Got back to a run but my legs were not feeling any better. Started getting a cramp in my calf which ran up my leg. Never had that before from running. Both legs are now not doing well. Tried some walk/runs but only felt worse. I was starting to get cold. As mentioned above, it rained most of the

race. Somewhere after 30 km, following a series of walks and hobbles, I decided it was time to stop rather than hurting myself and risk getting sick again. I flagged down the relay bus and got a lift to the finish line.

Obviously not the day and outcome I was hoping for but perhaps predictable given the last month.

It was a very well run small event. I recommend it to anyone looking for a smaller less crowded marathon or half.

» COACH PAULA BURCHAT COMMENTS:

You made a good decision to pull out. By continuing to run you may have ended up in the medical tent or worse. Dehydration is not a fun experience and can lead to serious consequences. I've seen more than a few stubborn runners who arrived in the med tent on a stretcher and unconscious who, once recovered, said "I just had to finish". In the end you're doing this for fun with nothing to prove to anyone but yourself. If yesterday wasn't your day it will come again another day.



2012 ING NEW YORK CITY MARATHON CANCELLATION

REFLECTING ON THE RESPONSE BY THE NEW YORK ROAD RUNNERS CLUB

By John Halvorsen

I think most of us will remember the 2012 NYCM, especially if you were supposed to run. Hurricane Sandy hit the New York area days before the race was to take place causing huge devastation and sadly, deaths. After a long period of insisting that the marathon would go on, the New York Road Runners club (NYRR) finally cancelled the event Friday, less than 48 hours before the start. While some runners expressed frustration, I think most realized that this was the right call even though most expected to lose their entry fee.

Now, even though the NYCM has, like almost all events, a no-refund policy, they have issued a statement giving runners options to choose amongst, including a refund option. Sounds great, right?

HERE ARE THE OPTIONS:

1. **Full Refund:** Pointing to extraordinary circumstances, runners are offered a full refund (excluding a \$11 processing fee and you could not have cancelled before Oct. 24)
2. **Guaranteed entry into one of the 2013, 14, or 15 events,** however the runner MUST also pay the (2012) entry fee.
3. **Guaranteed entry into the 2013 half marathon.** Again runners must pay the entry fees.

So what might be the reaction to these options? I actually think few will choose Option 1. Sure, it is there if you think you will never run NY again. Truthfully though, I think the NYCM is such an event that people will choose Option 2, especially since you are given three years

to choose from. If I had this choice, I would choose to run in 2013, as I am confident the NYRR will make special efforts to thank runners and make them feel special (e.g. more or better free stuff). Option 3, while interesting, only gives runners a three-months heads-up and may be more targeted at local runners.

From an organizer's perspective, the beauty of this is that because the NYCM is so popular they will likely not lose much revenue at all. They keep the 2012 entry fees and collect new entry fees for 2013. So why not offer to transfer the 2012 entry to either 2013, 14, or 15 then? The reason for not doing this is simple. If you did offer a transfer you run the significant risk that runners would ask for a spot in a following year without confirmed intentions to attend, leading to many spots being lost and runners who really wanted to run being angry.



One option not given, perhaps as it would make the NYRR lose money, is to allow you to give your entry fee to one of the charities helping those affected by the disaster and still rebuilding their lives. This would go a long way to help (re-)build goodwill in a city that certainly has pockets of people who think the NYRR showed poor judgement.

I am confident the NYRR will make special efforts to thank runners and make them feel special.

Let's look at a few aspects of how the NYRR might be said to have mishandled the incident. First, at the time they appeared to be in complete denial that the event was a serious problem and kept insisting that the race would go on. A better approach would have been to have taken a wait, assess and decide path. The initial announcements should have focused on how serious the incident was and how the NYRR was working with the city to determine the best path forward, including possibly cancelling the event. Second, using 9-11, and the resilience of New Yorkers in the face of that incident, was a strange analogy. 9-11 was a terrorist attack; this was a natural disaster, which no one can fight. Then, when the time came to finally cancel, there also appeared to be a need to save face by trying to blame (social) media and the need to keep runners and volunteers safe from reprisals. Clearly, the damage was done. To me the sad thing is that the New York Marathon really

missed an opportunity to shine as a community supporter had they immediately redirected an army of volunteers and huge amounts of supplies, including generators, first-aid supplies, water and food to the recovery efforts.

So, back to the refund option. Will this set a precedent? Possibly. Certainly if another event needs to be cancelled then runners may suggest they should get a refund since the NYRR did it. However, the circumstances in NY were also exceptional and it seems likely, especially given the experience of the NYM, that future events would handle such a situation differently, leaving fewer runners inconvenienced and angry. We also need to remember that most events are not owned by an entity like the NYRR and cannot afford the loss in revenues.

Finally, the issue of Cancellation Insurance comes up. It is possible the Cancellation Insurance will cover runner refunds, but I somewhat doubt it as the policy says no refund and this new "resolution" appears to be designed to avoid revenue loss. The insurance is rather intended for all the other financial impacts expected (loss of TV revenues etc.) and I am sure the lawyers in the U.S. are already arguing about this. In any case a refund option should prevent any legal challenges to the 'no-refund policy.'

In conclusion, I think future events faced with such an unfortunate situation will likely cancel earlier and stick to their 'no-refund' policy. I also think most runners scheduled to run the 2012 NYM will be back to run in New York in 2013, 14 or 15.





THE 2013 RICHMOND ROAD RACES

By Martina McGinn, *photo by Ian Hunter*

With the probability of inclement weather conditions, one might hesitate to predict the amount of interest in an early January Run. However, after more than 30 years, the Richmond Road Race continues to attract an excellent number of enthusiastic runners.

A significant reason for its success, of course, is the volunteer roster and the race crew support teams.

A significant reason for its success, of course, is the volunteer roster and the race crew support teams, but the venue itself also generates an important pre and post-race atmosphere. The school's gym provides a great opportunity to 'catch up' with running colleagues as well as their family and friends. It allows us to collectively recognize age category winners while enjoying the best sit-down, post-meal on the race circuit. The sponsors provide plenty of door prizes to help kick-start your streak of luck for the New Year but the real reward is the experience gained by participating. Concerns over backsliding on a training schedule or freezing feet soon melt away in the warm ambiance created at this race.

THE ISTANBUL EURASIA MARATHON

By Tom Lawson

The day prior to the marathon started like most others: pancakes (the Turkish version), simit (the Turkish version of bagels), black coffee and juice. It was then interrupted by the wail of sirens. Looking around the breakfast room I quickly realized that all the Turkish nationals were motionless.

At precisely 9:05 a.m. every Nov.10 the country comes to a standstill. It is a minute of respect to the founder of the Republic of Turkey: Mustafa Kemal Atatürk. I was quite astounded at this quite genuine expression of respect. Upon research I discovered that Atatürk had moved Turkey forward in a direction that few other countries in this region followed.

He promoted a secular state, with a church and state division. He suggested that women should go to school, vote and be parliamentarians. He told men not to wear the traditional fez but rather the western fedora. And most dramatically he abolished the Arabic alphabet and introduced the Latin alphabet. Scholars said it would take four years. He did it in three months.

Such was my introduction to the modernity and reverence for tradition in Turkey.

Oddly the 34th edition of the Istanbul Marathon fell on Nov. 11. Wisely in the Second World War, Turkey had sided with the allies.

Venturing to Istanbul for the race brought expectations of great antiquities, basic cuisine and possibly a rather modest marathon. On all three fronts I found examples of vast extremes.

We visited buildings built in AD 360. We travelled on modern subways built in 2012. We dined on basic mezes of couscous and chickpeas but also sophisticated preparations of seafood. And the marathon proved to be a first-class event.

Venturing to race kit pick-up on a busy Friday night we passed the bustling sidewalk cafes of tea drinkers, kebab eaters and nargile (Turkish water pipe) smokers. The race fair offered a myriad of booths selling the usual race gear but also vendors selling saffron and lokum (Turkish delight). They offer the rather unique idea of giving each runner a duffle bag with race number prominently displayed. This was to be used for your bag check.

Transportation to the start was from the two major hubs of this massive city of 14 million. One is the historic Sultanahmet area of the Topkapi Palace and the Basilica Cistern and the other pick-up was the massive Taksim Square (think Red Square, Times Square). Efficiently assembled buses whisked the runners to Asia to begin the journey on the Bosphorus Bridge.

Two thousand runners lined up at the start in Beylerbeyi in Asia. Spanning the Bosphorus Strait we headed across the magnificent suspended Bosphorus Bridge. On the other side of the 1.5-km bridge we were in Ortakoy neighbourhood and back in Europe.

The first neighbourhood took us through Besiktas. It is the home of one of storied Istanbul soccer clubs that have had a history of rabid fans since 1903. A very steep drop of 100 metres over less than one kilometre took us along Boulevard Ataturk. The street was festooned with flags emblazoned with his image hanging over the racers. It was eerily Eastern Europe circa 1970, but in this case I think people actually loved their founding father.

The race flowed through the well-known neighbourhoods of the city. Beyoglu, was next on our route. It was formerly the home to hookers and crack addicts but is now in a period of gentrification. Then it was on to Karakoy, filled with fish vendors, baklava and borek shops.

Crossing over the Galata Bridge we were now wedged by hundreds of fishermen on either side of the bridge. A favourite pastime for many Turks and one that is certainly a male domain. We were now headed along the coastline of the Golden Horn. We passed many of the small tea rooms where the patrons sipped countless mini cups of tea, played cards and backgammon. Once again, not a woman to be seen in any of the tea rooms.

As we approached the 30-km mark we headed back long the Golden Horn towards the Sea of Marmara. A legion of ships moved up and down the waterway. We realized that the waterways which dissect the city have been a

magnet for Istanbulis for centuries. It is the lifeline of the mercantile trade of which Turks are masters. At night we witnessed people, with thermos of tea in hand, sitting on stairs looking at the Bosphorus. They chatted, they romanced, they just stared at the water.

The course then brought the racers back towards the historic centre of Istanbul. We were headed for the Hippodrome (built in AD 203) which lay beside the Blue Mosque and the Hagia Sophia.

Structures built centuries ago and looking as elegant and awe inspiring as the day they were built. The 40-km mark found us in the former royal hunting grounds of the elegant Gulhane Park. The finish line in Sultanahmet offered the requisite cobblestone finish for the last 300 metres.

The course then brought the racers back towards the historic centre of Istanbul.

The finish brought me a time somewhat slower than hoped for but I knew the sun would still rise on the Bosphorus the next day. It was a handsome payday for the winners, Koren Jejela Yal of Ethiopia in 2:28 and Stephan Chebogut of Kenya in 2:11. Both took home \$50,000 US. Other races with distances of 8 km, 15 km and 21 km took place within the confines of the marathon. More than 18,000 participated in all four races. A magnificently organized marathon for the very generous price of \$28 (no I did not forget a zero on the end).

Istanbul is a city of endless fascination. The crossroads of the world offers such vast contrasts that serve to enrich the social fabric of the city.

The inhabitants come from a myriad of religious, national and ethnic backgrounds. History is revered yet progress is greatly coveted. We read that half the country is paying to send their children to English schools. The other half is saving to send their children to English schools.

The city and the country are not without challenges. The current Prime Minister is suggesting a return of the death penalty. He is also leaning towards a higher degree of Islamic fundamentalism. They have the highest number of journalists imprisoned in the world. Kurdish nationalism is still strong and the prisons are filled with Kurds. And they have a raging civil war in Syria on their border.

Despite these challenges the people of Istanbul treated us with grand hospitality. No request was too much (remember they are the merchants of the world). They exude a warmth and a humility that one cannot help but gravitate towards. One evening after presenting our waiter with his tip he hugged me and kissed me on both cheeks. I'm still waiting for that to happen some night on Elgin Street.

Some people refer to Istanbul as somewhat of a hybrid society. Muslims and Christians co-existing peacefully. Traditions are respected yet progress is pursued. Old world values are practiced yet people dance all night on roof-top discos. One writer suggested that tumbling together Berlin, Barcelona and New York will give you Istanbul. We were not disappointed.





TEAM CANADA AT 2013 NACAC CROSS COUNTRY RUNNING CHAMPIONSHIPS

By Paula Burchat, *Photos by Mike Scott*

As I headed out the door to catch a cab it was -27C in Ottawa. Eight hours later it was a humid 30C in Kingston, Jamaica. I was travelling with the Canadian Cross Country running team as medical support. We were going to Mandeville for the 2013 NACAC (North American, Central American and Caribbean) Cross Country Running Championships.

The NACAC Championship is this region's qualification race for the World Championships in Poland in March. Canada fields four teams: junior boys and girls, and senior women and men. They must come in the top two teams at NACAC to qualify and show an ability to place in the top 50% of all teams at World's.

The senior women knew going to NACAC that they were on the bubble. Beating the United States, the only major team challenge for top two, is an imperative. Canada sends its World's team to NACAC, but the U.S. sends a development team to NACAC and their top runners to World's. Coming second to the U.S. at NACAC isn't enough to be competitive against the rest of the top teams at World's.

The senior men have one of the strongest teams Canada has ever fielded at NACAC led by Cam Levins, an London Olympic finalist in the 5,000m and 10,000m. He is backed up by a strong contingent including Canadian 10,000m record holder Simon Bairu. Mohammed Ahmed, another 10,000m finalist at the Olympics was not at NACAC but will be at World's.

This is the fourth NACAC Championship I've been to with the national XC team since 2009. That year Dylan Wykes was the only "professional" runner on the team and the other 23 runners more or less were just happy to get out of Canada to run in warm weather during the mid-winter months. Four years later, every member of the team is focused on getting to World's.

I was amazed at the level of professionalism demonstrated by even the youngest members of the team, which ranged from 17 years to 30 years of age. The burgeoning success of Canada's distance running team over the last quadrennial with the likes of Wykes, Reid Coolsaet, Eric Gillis at the marathon distance and Sheila Reid, Bairu, Ahmed and Levins on the track has given these young runners a belief that Canada can be competitive.

I was amazed at the level of professionalism demonstrated by even the youngest members of the team.

This depth of field on the XC team is a novelty as well, which also demonstrates the depth of talent Canada is now producing. Normally XC is seen as a development step for track or

road racing. It's usually an opportunity for developing runners to get a taste of international competition. Once runners become successful and attain sponsorship or can win prize money at bigger races they usually discontinue participation on XC teams because it's a self-funded team. Athletics Canada does not fund the team because it isn't an Olympic sport. These athletes earn their way onto the team and then are paying to represent us at a major international competition.

So with two days to adjust to, in some cases, a 50-degree temperature change due to a cold snap at home, our Canadian athletes were champing at the bit to get to the start line.

Mandeville is in the hills so it is a few degrees cooler than on the coast. It was about 27C, a marginal difference in temperature, but the lower humidity level was noticeable. It took a short run in Mandeville to make you perspire as opposed to sweating just because you stepped outside from an air-conditioned room in Kingston.

The junior girls raced first at 2:30 p.m. A bright and talented team just brimming with energy; they took it out hard. The race is 4K at NACAC (it will be 6K at World's) so there's not a lot of time for team strategy. With just a few hundred metres left in the race Canada was holding second and third behind the eventual American winner, but the rest of the Canadian runners dug deep on the coaches' directions

and passed a few runners to gain the points to beat the U.S. for the team trophy. It was a truly gutsy performance by all.

The junior boys raced 6K (8K at World's) and had the most diversity of field with many countries being competitive for individual performances. Mexico went first and second with an American in third, but again Canada squeaked out a couple of late race passes at the finish line to top the U.S. for first overall in team competition.

As mentioned, the senior women had the most on the line and were most at risk for qualification to World's. This fueled their drive; they had something to prove. They were pumped and right from the gun took it out hard and fast. The 6K race (8K at World's) was tight for the first half. Natasha Fraser went to the lead for Canada and once there kicked it into high gear. Rachel Cliff went with her and on the last lap they owned the race. Rachel Hannah and Lindsay Carson stayed strong and moved up in position on the final lap of the two-km loop course to overtake the U.S. for first place. It was a stunning upset.

It was a different story for the men. Perhaps with so much talent they sat back and were a little overconfident of a win. They led most of the race, but it appeared that by playing a strategic game at the front and trying to keep Kelly Wiebe in contention for second, Cam

Levins lost a first-place finish to the U.S. in a sprint to the line. There didn't seem to be as much fire in the legs for a couple of runners and none made excuses after the race.

I was truly impressed with the teams post race. There was no celebration other than immediately post-race on the course.

Despite the great performances, I believe fatigue and heat adjustment played a factor in this race for many of our runners who didn't have stellar performances, including our top junior boy and top junior girl. A couple of the senior men arrived very late, leaving little time to recover from long travel flights or adjust to the heat. All this to say I think there is more to come from these runners. What these performances show is we have a depth of field and when our best runners have off days we have other talented runners to step up.

I was truly impressed with the teams post race. There was no celebration other than immediately post-race on the course. Everything was back to business that night

with the knowledge that this was a stepping stone to a bigger race in eight weeks. I was busy until midnight treating athletes and back at it at 7:30 the next morning. Recovery... nutrition, hydration and sleep... were the main buzz words. The men took this more seriously than the rest and the next day cancelled out of the planned team social outing. They stayed at the hotel to do their long runs and get in proper recovery. (They ran 30 to 50 km during the day over one to three runs and Levins was 50 km if not more over at least three runs).

Notably, this entire team was named Athletes of the Month by Athletics Canada for February. A well deserved accolade. It's a thrill to work with such dedicated and focused individuals who are also friendly, fun, polite and wonderful ambassadors for our country.

With the addition of Mohammed Ahmed to the men's team and Kate Harrison to the women's team they will be much stronger at World's. More favourable weather with cooler conditions and earlier arrival on site providing more time for acclimatization and recovery from travel will also help them on race day. I am excited to be joining them again for my second World Cross Country Championship as medical support and we are all counting down the days until race day on March 24.

NACAC RESULTS:

JUNIOR GIRLS 4K

- » 2 MADELINE YUNGBLUT CAN 14:18
- » 3 GABRIELA STAFFORD CAN 14:25
- » 4 MADELINE McDONALD CAN 14:28
- » 8 JILLIAN FORSEY CAN 14:48
- » 13 NATALIA HAWTHORN CAN 15:28
- » 17 SARAH WISMER CAN 15:51

JUNIOR BOYS 6K

- » 4 RYAN SLEIMAN CAN 19:18
- » 5 TROY SMITH CAN 19:19
- » 10 BENJAMIN FLANAGAN CAN 19:31
- » 12 CHRISTIAN GRAVEL CAN 19:35
- » 14 BRANDON ALLEN CAN 19:50
- » 15 MIKE TATE CAN 20:07

SENIOR WOMEN 6K

- » 1 NATASHA FRASER CAN 21:07
- » 2 RACHEL CLIFF CAN 21:35
- » 6 RACHEL HANNAH CAN 21:52
- » 9 LINDSAY CARSON CAN 22:16
- » 12 MARIA BERNARD CAN 23:21

SENIOR MEN 8K

- » 2 CAMERON LEVINS CAN 24:47
- » 3 KELLY WIEBE CAN 25:04
- » 8 CHRISTOPHER WINTER CAN 25:39
- » 9 SIMON BAIRU CAN 25:42
- » 10 LUCAS BRUCHET CAN 26:03
- » 12 MATHEW WALTERS CAN 26:15





2013 TAMARACK OTTAWA RACE WEEKEND UPDATE

Runners from near and far have once again embraced the Tamarack Ottawa Race Weekend as all events slated to reach maximum totals by early March. As this is written, in early February, the half marathon, 10K and HTG Sports 5K races are already full, and the marathon is over ninety-five percent. The 2K and Y Kids Marathon are also following this trend.

The marathon will have that race's largest field in its thirty nine year history with over 5400 registered to date and more than three months to go before race day on May 26th.

We invite runners to visit the website periodically and our Facebook page (Ottawa Marathon) for updates on race information. There are links at www.runottawa.ca to access course maps for all events and there will be news on other exciting things like the 'virtual race bag.' This link allows registrants of the Tamarack Ottawa Race Weekend to access a wide array of coupons provided by local businesses.

CHANGES TO RUN OTTAWA'S LEADERSHIP

A new era of leadership is about to begin at Run Ottawa and will commence on March 1, 2013. Longtime President/Race Director Jim "Robbie" Robinson will turn the reigns over to John Halvorsen.

Jim has been largely responsible for the growth of Tamarack Ottawa Race Weekend over the past seventeen years and his impact will be felt for many years. Hired originally as the General Manager of the organization after the 1996 National Capital Marathon, the predecessor to Race Weekend, his title was changed to President/Race Director in 2011. Not only is the organization in a sound financial position, the Tamarack Ottawa Race Weekend is Canada's most loved running event, home of the Ottawa Marathon, which has become the country's best marathon destination.



John Halvorsen is hardly a stranger to the organization, having served on the board of director's since 2001 including an eight-year stint as race director, the last three years as Chair of the Board. Jim will still play a key role and assist John through to the 2013 Tamarack Ottawa Race Weekend.

It is an exciting period
for the Tamarack
Ottawa Race Weekend
as we move forward.

John is a former elite runner who has lived in Canada since moving from Norway as a youngster. His father was Norway's ambassador to Canada for many years and John attended Sir Robert Borden High School and the University of Ottawa. We invite you to read John's biography: http://www.runottawa.ca/sites/default/files/New%20President_final.pdf

It is an exciting period for the Tamarack Ottawa Race Weekend as we move forward to 2013's event and beyond.

RUN OTTAWA SUPPORTS FUNDRAISING CAMPAIGN FOR NATIONAL XC RUNNING TEAM

Run Ottawa is supporting a national campaign to raise between \$20,000 and \$30,000 for the National XC Running Team by leading the campaign in Ottawa.

While the local region does not have runners on the team, two senior members, Simon Bairu and Natasha Fraser have raced as elites at the Ottawa 10K. Simon won the 10K in 2007 and Natasha was third Canadian in 2012. Paula Burchat, a local Massage Therapist and Run Ottawa Club member, will be travelling with the team as medical support.

A 23-person team just returned from Mandeville, Jamaica, where they dominated the NACAC (North American, Central American and Caribbean) Championship, winning gold in both junior races and the senior women's event and silver in the senior men's race.

Natasha Fraser won the senior women's title as well: "It was such an awesome race to run. Our team showed true guts and determination to beat the U.S. and qualify for World's. I feel so much stronger than I was last May in Ottawa and I'll be returning this year to compete in the 10K again."

The race in Jamaica was the regional qualification meet for the IAAF World Championships in Bydgoszcz, Poland on March 24 this year. Unlike our Olympic athletes, this is a self-funded team and these young athletes are paying their own way to both events. This costs approximately \$3,500 per person and is a major expense that takes away from their focus on training and cuts into their ability to cover other expenses.

Simon Bairu understands this pressure: "When I raced the World Cross Country Championships as a junior it was my first major international competition. Even though I finished 10th from last that year, the experience helped me to grow as a runner, see what it takes to be competitive on a world stage, and go on to win races like the Ottawa 10K."

Other Canadian distance runners who have been on the cross country team and gone on to compete at the Olympics include: Dylan Wykes,

Reid Coolsaet, Eric Gillis, Sheila Reid, Cameron Levins, Mohammed Ahmed, and Kevin Sullivan.

*"Our team showed
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for World's."
~Natasha Fraser~*

This is undoubtedly the strongest senior men's team Canada has fielded led by Cameron Levins, who finished 15th in the London Olympics 5,000m and 11th in the 10,000m. He is joined by Mohammed Ahmed, who was 18th at the London 10,000m; Simon Bairu, who is the Canadian 10,000m record holder at 27:23:65, and several other accomplished and talented men. At the 2010 World Championships on the same course in Poland, Simon placed 12th and Mohammed, racing as a junior, was first Canadian in 26th.

The Ottawa running community is a large and supportive group. Let's put our money where their feet are and help these young, talented athletes to perform their best. Let's take a bit of the pressure off their shoulders over the next couple of months so they can train without the addition of financial worries.

Charitable donations can be made online at a third party Canadian fundraising website called Chimp.net. The specific URL for this campaign is: <http://bit.ly/11McHwq>. 96 per cent of your donation will go directly to the travel costs of the athlete members of the 2013 Canadian XC Team; three per cent goes to credit-card processing and one per cent to administration. Athletics Canada is the charity that will receive the funds and is responsible for managing the team finances for the XC team. The funds do not go to a general pool for Athletics Canada fundraising. You will receive a tax receipt for your full contribution from the Chimp website (CRA Business #845528827RR0001). For questions, contact me directly at paula@balanceandmotion.ca

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