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ON THE RUN

ISSUE No. *ONE*, 2009



Run Ottawa



WELCOME TO RUN OTTAWA

By John Halvorsen

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

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

BACKGROUND

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

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

HERE'S WHAT WE HOPE TO ACCOMPLISH:

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

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

HERE ARE THE AIMS OF RUN OTTAWA:

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

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

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

WENDY WAGNER, *Vice-President*

(NCM board member, practising lawyer)

MANNY RODRIGUES, *Treasurer* (NCRA

member, NCM VP and elite athlete co-ordinator)

DAVE PALMER, *Club Services Director*

(NCRA board member)

CARL MARTIN, *Media and Communications*

Consultant (NCM board member)

KIMOTHY WALKER, *CTV News Anchor*

(NCM board member)

DAN ROACH (NCRA board member)

HEATHER BOYD, *Trade Mark Specialist*

(NCM board member)

RAINER BLOESS, *City Councillor*

(NCM board member)

MOIRA MCDONALD, *Tourism and Hospitality*

Consultant (NCM board member)

JOHN HALVORSEN, *President*

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

STORY CONTINUED ON NEXT PAGE »



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

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

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

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

Main phone number: (613) 234-2221

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

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

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

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

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

Thanks,
John Halvorsen

EVENT REPORT

2009 BUSHTUKAH CANADA DAY ROAD RACES

By Joe Du Vall

It was a return to past popularity for the 23rd edition of the Bushtukah Canada Day Road Races, a Run Ottawa Club event, held in the Beaverbrook neighbourhood of Kanata.

We hadn't seen such participation since 2003 and were pleasantly surprised by the show of support for the event and our partner charity, the Kanata Food Cupboard.

The 10K attracted 387 runners while the accompanying 5K race held its own with 378 in the cheery pack of holiday harriers. Shortly afterwards the youngsters took over the roadway as the 100-metre Tot Trot continues to entertain everyone. An event geared to children under five years of age, it is quite a spectacle to see the wide range of enthusiasm. Some youngsters sprint down the road to the finish, others appear spooked by all the cheering and shouts of encouragement from the crowd while many seem underwhelmed by it all. It was short and intense.

The real jewel in the morning schedule of events is the 1.2K Fun Run. It is for children five to 11 years of age and is pure "emotion

in motion." The throng of runners who had already completed their 5K or 10K race were just as wired to watch their children or younger siblings complete the event, and the energy is enough to bring a smile to anyone's face.

There are plenty of people to thank for this year's success. Our sponsors, Bushtukah Great Outdoor Gear along with Dave Morton and their event partner, Sierra Designs for the T-shirts, age category prizes and event marketing in local newspapers. The Kanata Food Cupboard supplied volunteers for registration, finish line and along the route. In return we were able to direct \$3,000 to their community assistance programs.

There were several volunteers who helped us on race day as follows:

Theresa Roberts, Dick Murray, Stuart Jones, Pat Kelly, Glendon Pye, Ken Trischuk, Keith and Penny Slater, Carol Sinclair, John Halvorsen, Andrew Weston, Joyce Pedley, Richard Bowes, Helen Bowes, Paula Burchat, Daniel Roach, Kevin Shoom, Christine McKinty and route guru Dave Pedley.

News

RUN OTTAWA CLUB BUS TRIP October 23rd - October 26th

Marine Corps Marathon,
Washington D.C.

The Run Ottawa Club has thirty guaranteed entries for the 2009 Marine Corps Marathon, to be held in Washington, D.C. on Sunday, October 26th.

At this point there are a few entries available but the deadline is fast approaching. Trip organizer Ross MacLachlan needs payment and pertinent registration information by 4:00 p.m. Saturday, September 5, 2009 to guarantee entry into the marathon.

Runners already registered for this event but have not finalized travel and accommodation arrangements to Washington are most welcome to join in. The package includes bus transportation, double occupancy in the Embassy Suites Hotel in Crystal City, transportation to and from the expo and more.

To book the bus/accommodation package, please go to www.inawire.com/atb to download the form and waiver. All trip details and instructions for the guaranteed race entry are located there. For more information please email Ross MacLachlan at ross@inawire.com

“ The 10K attracted 387 runners while the accompanying 5K race held its own with 378 in the cheery pack of holiday harriers. ”



EVENT REPORT (CON'T)

THE RUN OTTAWA BEAVER CHASE RUN SERIES — ONE OF THE BEST KEPT RUNNING SECRETS IN TOWN

By Carlene Paquette

Whether you are looking for a change of pace with your running, a leisurely run through the trails with your friends, a fun family outing, or a bit of speed work, the Run Ottawa Beaver Chase Runs may be the event for you.

The Series consists of 4 events through the summer staged monthly on Tuesday nights, this year on May 12, June 9, July 14 and August 11. They are open to everyone. Those who participate or volunteer in at least 3 events earn a Beaver Chase Series shirt, given out after the August run. In addition, this last run has post-event bbq and a great opportunity to have a nice bite to eat at a reasonable price.

“ The first couple years I did the Beaver Chase runs as more of a social thing, running with my friends through the trails. These days I use the runs as speed work and find searching for the next person to try and catch as we work our way through the route is a great way to continue pushing myself. ”

The meeting place Royal Canadian Legion, 70 Hines Road in Kanata with plenty of parking and bathroom facilities. At least for the current year, registration is done on run day although Run Ottawa is investigating online for those who wish to pay for the entire Series.

Timing is done using a finish line clock and the honour system. Runners note their time at the finish and then record it on the registration

sheets (inside the Legion) each month. There are no awards for time or performance but recording your times is a great way to chart progress over the summer. In addition, your recorded time is a way to indicate your participation each month. This is critical if you are trying to earn a coveted shirt.

The routes consist of the 1 mile out and back along Innovation Drive in a quiet business park or the 4 miler through the trails of Trillium Woods Park, Beaver Pond and back around to Hines Road and Innovation Drive.

The start line is about 100 m from the Legion. The route is clearly marked and couple of brave volunteers stand in the woods to make sure that the runners make the correct turns at the critical trail intersections. There is a water stop at half way, the trail nicely maintained and should be considered gently rolling.

The first couple years I did the Beaver Chase runs as more of a social thing, running with my friends through the trails. These days I use the runs as speed work and find searching for the next person to try and catch as we work our way through the route is a great way to continue pushing myself. It's certainly far more fun than trying to do speed intervals during solo runs. I enjoy my time on the trails at the Beaver Chase and look forward to chatting with other runners before and after the run.

This event offers reasonable distances, low entry fees, a great course, wonderful volunteers, ample parking, and access to real bathrooms. To cap it off, we are often serenaded by the Legion bagpipers as they practice their songs.

As the title suggest the Beaver Chase Run Series is one of the best kept running secrets in town. I highly recommend you add it to your calendar next year.

News

BE PROUD. STAND UP. RUN WITH CANADA'S ARMY!

When you crossed the finish line at the Ottawa Race Weekend in May, you achieved a personal goal – and were cheered on by thousands. This is the beauty of participating in distance events. We do it both as individuals and as part of something bigger – as part of the community of athletes and as part of the community at large.

This September we invite you to build on the excitement of the Ottawa Race Weekend at the second annual Army Run. Last year, this sold-out event shattered records for the largest number of entrants for an inaugural run. 7000 civilians and military troops ran, walked, or wheeled – side by side – along spectator-filled streets and raised tens of thousands of dollars for Soldier On and the Military Families Fund. We're expecting this year's event to be even bigger and better!

Register now and join proud members of Canada's Armed Forces and thousands of other runners, walkers and wheelers of all levels in this very special half-marathon and 5k event!

YOU CAN REGISTER IN TWO WAYS:

- www.eventsonline.ca/events/armyrun/
- www.events.runningroom.com/site/?raceId=4145





EVENT REPORT (CON'T)

PARIS MARATHON — OF COBBLESTONES, BANANAS, WINE AND JOIE DE VIVRE

By Daniel Roach

The red wine being served at 35K was a welcome sight – **ya gotta love French culture!**

But I'm getting ahead of myself.

In the fall of 2008 after receiving my master's degree, I decided to reward myself for years of hard work and studying with a trip to Europe in 2009. As I was planning my journey, I discovered that the Paris Marathon would coincide with the dates I would be in France, so I thought "Why not?"

I had decided to travel in April before most tourists arrive in Europe and to visit Paris because I could stay with friends. But because of the marathon, I had to leave a few days earlier than originally planned to avoid being too jet-lagged on race day. So I left Ottawa on April 1 to make sure I was ready for race day April 5.

I arrived in Paris on the morning of April 2 totally wiped from the flight and fighting to stay awake as I wandered around the city. The next morning, I discovered that the French don't have breakfast as we know it in North America. It's really hard to get anything other than a croissant or some other pastry and coffee, and protein is just not on the menu anywhere. Anyhow, after eating a brioche washed down with a café au lait, I found my way to the race expo.

The expo was well organized and I got nearly everything I needed with relative ease. There was nothing really special about the race pack. The T-shirt was white cotton and the pack consisted of a handy reusable shoulder bag, body wash, a reflective bracelet I'll never wear (which I still have if anyone is interested) and a few French energy bars that had what I can only describe as an acquired taste. The one crucial missing component was safety pins. Luckily I realized this before race day and bought some from a local merchant.

For the next two days leading up to the race, I couldn't resist walking everywhere around the city and touring museums. I also couldn't stop myself from a bit of the French "joie de vivre" by consuming many glasses of French wine with my French friends.

On race day I awoke bright and early. I was well rested from a good sleep and the previous evening's traditional pasta dinner. The sun was shining, the air was fresh and I felt great. The subway ride to the start line at the Arc de Triomphe was quick and only a few



stops away. When I arrived on the Champs Élysées, I was among 30-odd thousand runners but was pleasantly surprised by how easy it was to find my coral. Warming up, on the other hand, was essentially impossible to do anywhere near the start because of the sheer number of people. I improvised a bit by jumping up and down and jogging on the spot to get the legs moving as best I could.

As the start approached, the energy was electric. People were cheering, and runners were yelling encouragement to each other as they shed their warm-up gear and tossed it willy-nilly into the air. It was like nothing I had ever experienced and it was unbelievable how much debris I had to dodge before crossing the start line. It was a fast start too since the first kilometre was on a slight decline along the cobblestoned Champs Élysées. Heading toward

Place de la Concorde and its gold-topped obelisk, the course leveled off as we ran past the Louvre, Hotel de Ville and then Place de la Bastille before meeting our first slight uphill. Actually, the greatest change in elevation on the whole course is only 30 metres.

I particularly enjoyed seeing the Eiffel Tower at 30K and running through the tunnels along the Seine. Although the tunnels created a bottleneck of runners cramped shoulder-to-shoulder, the excitement and cheering of

runners and the echo of our feet hitting the pavement was memorable and far outweighed the inconvenience of a few lost seconds.

This beautiful course winds its way past many famous landmarks and through two parks, the Bois de Vincennes and Bois de Boulogne. I was impressed at the number of fans encouraging runners all along the course. The start and finish are on either side of the Arc de Triomphe so you end up doing a nice loop of Paris.

While there were many well-staffed and organized refreshment stands along the course, the selection of food was very different from what I have experienced at Canadian races. There were dried apricots, bananas, some sort of pepperoni sticks or beef jerky and bottled water. While I commend the French for what I've interpreted as a cultural preference for "real" food over processed energy bars and gels, the banana peels and water bottles do pose unique challenges for runners of all abilities.

Ah, but the Bordeaux red wine being served at 35K was a welcome sight – ya gotta love French culture!

All in all it was a great race. The course is beautiful, the temperature never got higher than 18 degrees, and there were lots of people cheering and tonnes of entertainment along the way. It's definitely a race to add to your marathon wish list. Just don't expect personal best. There were 30,332 finishers. I managed a respectable 3:21:28, placing 3,457 overall.

Au revoir!



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EVENT REPORT (CON'T)

OLYMPICS-BOUND ATHLETE LEAVES LEGACY FOR LOCAL ATHLETES

By Paula Burchat



© VANOC/COVAN

It may seem odd that we would write a story for the Run Ottawa Club about a 24-year-old cross-country skier, but Perianne Jones has strong roots in the National Capital running community.

She was born in the Ottawa Valley town of Almonte, Ontario, to Brad Jones and Judi Agnew, members of the Run Ottawa Club. Her formative years established her strong racing ability in running and skiing and set her determination to go to the Olympics.

Many longtime members of the National Capital Runners Association will remember a teenaged Perianne beating them soundly at road races in the area. At age 12, she was posting low 22-minute finish times for 5K races. By the time Peri finished high school, she was regularly tearing up the road with sub-20-minute 5K times. Her talent and skill led her to more than one podium finish at the Ontario high school running and cross-country skiing championships.

Growing up in both the running and skiing communities, Perianne learned many lessons from her father and running club members, particularly when travelling on legendary National Capital Runners Association bus trips. The former runners association is now the Run Ottawa Club.

Peri fondly remembers family vacations that often conveniently coincided with marathons

in Philadelphia and Washington, as well as a visit to the Cabot Trail in Cape Breton just around the time of the Cabot Trail Relay. Her father Brad, a cross-country ski coach and a talented runner, would compete in the longer races and Perianne would run the shorter distances. The camaraderie and enjoyment of travel serve her well now in her current life of travelling the world and racing. Apparently the card games Ed Burman and company taught her have come in handy as well!

Peri, as she is called by her parents, teammates, friends and former teachers, is the first to acknowledge the dedication and support of her parents who instilled in her a strong work ethic and love of sports from a young age. A proud resident of Almonte, she comes home as often as she is able and gives back to her community by visiting her high school coach, Lynn Carss, at the Almonte District High School, to give talks or to ski and run with students.

When asked about her former student, Lynn had more than athletic accomplishments to applaud: "Peri is an incredible young lady who set her sights on the Olympics from the time she entered high school. She exemplifies the term "sportsmanship." After winning her races she would go back and run/ski with her teammates. She always encouraged others to set their own personal goals and strive to meet them."

Lynn says Peri's success and determination also helped propel growth in the school cross-country ski team and cross-country running team. "It is because of Peri that we have a Nordic ski team at Almonte high school ... with her example and leadership, along with the coaching expertise of her father, they taught and inspired a whole crop of athletes to the point that we have had athletes competing each year at the (Ontario Federation of School Athletic Associations) level since her first silver medal performance back in 2000." Additionally, since her time at

“ Peri fondly remembers family vacations that often conveniently coincided with marathons in Philadelphia and Washington, as well as a visit to the Cabot Trail in Cape Breton just around the time of the Cabot Trail Relay. ”

high school, the cross-country running team has grown to more than 20 from five runners. Perianne's Olympic journey has been a long and relentless drive and she is seeing the first stages of its reality. Recently named to Canada's Cross-Country Ski Team for the 2010 Olympics, she has turned in strong and improving performances on the Junior and Senior Canadian Nordic Team. Her training base is in Canmore, Alta., where she has been taking university courses in addition to her full-time training schedule with the national team. She put in a hard summer of training with the national team in New Zealand. A day of running up a mountain to ski for several hours and then running home was the norm for several weeks.

Training with the national team, including Chandra Crawford and Sara Renner, two Olympic medalists, has enabled her to learn from their experiences and encouraged her to train harder. Leading up to the Olympics, team members are focusing on fine tuning their abilities and, says Peri, "There is definitely a feeling within the team that we are going to be part of something special and exciting in February, and we all want to be as prepared as possible."

To support her drive for success at the Vancouver Olympics, Lynn Carss and the local Almonte community is organizing running races to raise funds for training and travel. The races take place in Almonte on Sept. 27, and include a 5K, 10K and 1K kids run. Information is available at www.runalmonte.ca where you can also make a direct contribution to Peri.

COMING EVENTS

SATURDAY, SEPT. 5

CANADIAN 8K and 3K RUNS, Ottawa. 8 a.m., Terry Fox Athletic Facility, Mooney's Bay. Held in conjunction with Canadian Triathlon/Duathlon.

Information: www.somersault.ca

SATURDAY, SEPT. 12

POTSDAM TRIATHLON, Potsdam, N.Y.

One-quarter mile swim, 15-mile bike, 4-mile run.

Information: clear@potsteam.edu

SATURDAY, SEPT. 19

BLAST OFF 1K and 10K, Ottawa. At the Ben Franklin Dome in Nepean. It's a family and kids event, including 1K family run, kids 10-week 10K, 10K and 1K run/walks.

Information: www.runningroom.com

SUNDAY, SEPT. 20

ARMY RUN, Ottawa. Half Marathon and 5K.

The first edition of this event in 2008 sold out.

Join thousands of runners for a colourful and exciting race. Presented by the Canadian Army and staged for it by the Run Ottawa Club.

Half Marathon starts at 9 a.m., 5K starts at 8 a.m.

Entry fees to Sept. 17: Half Marathon - \$65,

5K - \$30. *Information:* www.armyrun.ca

NEPEAN TRAIL RUN 5K and 3K. Nepean

Sportsplex, 8:30 a.m. start. Also a 1K kids run

at 9:15 a.m. In conjunction with Last Chance

Triathlon/Duathlon, introductory event.

Information: www.somersault.ca

11th ANNUAL SCHROON LAKE MARATHON,

Schroon Lake, N.Y. 9 a.m. start. Centre

piece of Adirondack Distance Festival

(weekend of races). *Information:*

info@adironackmarathon.org

SATURDAY, SEPT. 26

ALSO'S AMAZING BOOK RACE, Ottawa. Teams of four or five race around downtown Ottawa to literacy checkpoints and read a story to a group or conduct a word search before racing back – you can run, walk, or take the bus – to the finish at the Stanley Park Field House.

Race starts at 10 a.m. from the field house.

Raises money for literacy. ALSO is the acronym for Adult and Family Literacy. Details and registration forms at www.also-ottawa.org or register online at www.runningroom.com

SUNDAY, SEPT. 27

PERIANNE JONES 10K and 5K RACES,

Almonte. Perianne is a member of Canada's

Nordic Ski Team for the 2010 Olympics in

Vancouver. This event has been organized by

supporters to raise money for her participation.

Races start at Almonte Arena, 10 a.m. for 10K and 5K; kids 1K starts at 11:30 a.m. Course is flat and fast through this picturesque town on the banks of the Mississippi River. Fees are \$30 for adults, \$15 for under 18s, \$5 for child. Race kit pickup from 8 a.m. at the arena.

Information: www.runalmonte.ca

GIANT TIGER FAMILY WALK for the HEART INSTITUTE. 5K and 2.5K distances. 8 a.m. start in Carleton Place, Arnprior, Shawville, Stittsville, Ottawa, Orleans, Bells Corners, Renfrew, Casselman, Wakefield.

Information: www.runningroom.com

SCOTIABANK TORONTO WATERFRONT MARATHON. 7:30 a.m. start, Nathan Phillips Square. Also half marathon and 5K. 5K

has new scenic course from CNE to

Nathan Phillips Square. *Information:*

www.torontowaterfrontmarathon.com

SUNDAY, OCT. 4

CIBC RUN FOR THE CURE, 5K and 1K, Ottawa.

Start 9 a.m., LeBreton Flats Park. Includes

team and individual participants. *Information:*

(613) 738-2873, ottawa-gatineau@cbcf.org,

www.cbcf.org

6th ANNUAL COUNTY MARATHON, Picton, Ont.

This charmer takes you over the rolling terrain

of Prince Edward County's wine country, with

views of Lake Ontario, to the finish line at the

Crystal Palace in Picton. Marathon starts at

8 a.m. There is a half marathon and a team

challenge. *Information:* www.pecmarathon.ca

MAINE MARATHON, Portland, Maine,

Information: racedirector@mainemarathon.com

SUNDAY, OCT. 11

FALL COLOURS MARATHON, 9 a.m., Cumberland Heritage Village Museum, Cumberland.

Also half marathon, relays, 10K, 5K.

Information: www.somersault.ca

SUNDAY, OCT. 18

JIM HOWE MEMORIAL CROSS COUNTRY RACE, Ottawa. Starts at Hornet's Nest field house Bearbrook Road, Blackburn Hamlet.

11K and 5K distances. Great run, challenging

course. Presented by the Run Ottawa Club.

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

Online registration at www.eventsonline.com

MADD DASH 10K and 5K RUN/WALK, Ottawa.

10 a.m., Earl of March Secondary School,

Kanata. *Information:* www.somersault.ca

GOODLIFE TORONTO MARATHON, Toronto.

Also half marathon and 5K. *Information:*

www.torontomarathon.com

FRIDAY, OCT. 23 – SUNDAY, OCT. 25

MARINE CORPS MARATHON, Washington, D.C.

Run Ottawa Club is organizing a bus to this

popular marathon. Cost will include trans-

portation, and hotel (double occupancy).

Details from Ross McLachlan at (613) 596-0906,

extension 100 or ross@inawire.com

SATURDAY AND SUNDAY, OCT. 24-25

OTTAWA INTERNATIONAL WALKING

FESTIVAL, Lakeside Centre, Britannia Park.

Events include marathon, 32K, half marathon,

15K, 10K, 5K. *Information:* oiwf@aol.com and

www.runningroom.com

SATURDAY, NOV. 7

THE COOKIE RUN, Ottawa. 10 a.m. Course

loops through Montreal Road campus of

National Research Council. 5K/10K/Kids 1.5K.

Start and finish near Carson Grove Elementary

School. Presented by the Run Ottawa Club.

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

Online registration at www.runingroom.com

SATURDAY, NOV. 21

HOBBLE GOBBLE PREDICTION RUN/WALK,

Potsdam, N.Y. You could win a turkey.

Information: Derry Loucks (315) 265-5791.

FRIDAY, DEC. 4 – SUNDAY, DEC. 6

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

Weekend includes sports expo, Scotiabank

Half Marathon and Nature Valley 10K.

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

Information: www.runbarbados.org

CAYMAN ISLANDS MARATHON and

HALF MARATHON. Same weekend as

the Barbados event, same sun, sand

and salt water. *Information:*

www.caymanislandsmarathon.com

SATURDAY, DEC. 5

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

Information: www.runningroom.com

COMING EVENTS are compiled by Jim Robb.

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