

Frontrunners Ottawa

Volume 1, Issue 1, April/May 2004

Upcoming events:

1. **Sunday, 18 April, after 5:00 pm at Social (537 Sussex Drive):** Help celebrate with Ms de Boer her fabulous coming of age! Stephen is turning 40 and has graciously extended an invitation to drop by Social after 5:00 pm.
2. **Wednesday, 28 April, A Taste for Life, at Social:** We have made a reservation for 15 people at 7:30 pm. So far we have Stephen, James, Pu, Dick, Roger, Grant, Shawn, me, Steve (potential new recruit), Rob (potential new recruit), and François and John (potential new recruit). Please let me know if you intend to join us asap so that I can change the reservation as required.
3. **For avid cyclists in the group:** Pu has extended an invitation to join him in the Rideau Lakes cycling tour. Contact him at puchen@sympatico.ca and (or) refer to <http://www.ottawabicycleclub.ca/rideaulakes.shtml> for more information.
4. **National Capital Marathon Race Weekend:** 28–30 May. If you haven't already registered, here is the Web link (<http://www.ncm.ca/>). Several of club members are running the 10-km run on Saturday, 29 May, while others are running the ½ and full marathons on Sunday, 30 May. Come out and cheer them on!
5. **June running event:** Stay tuned as Shawn and I are looking into a race event sometime mid to late June that might be of interest to the club and before people head off for vacation.
6. **Saturday, 2 October, Trail Relay (95.5 km) event:** There are 10 legs to this relay ranging in distances from 4.0 to 17.5 km. The team registration fee is \$290.00 per team with a limit of 20 teams. Registration must be received by early September. I know that James, Stephen, Shawn, Bill, and I had expressed some interest in this event. (Gawd...we must be crazy!) Contact either Shawn or me for more information. We could also join the team being assembled by Dave McC.

Happy birthday:

Dave McC.	09 April
Shawn	14 April
Stephen	18 April
Terry	25 April
Bill	14 May
Grant	17 May



May you all have a wonderful birthday and a fantastic year!

Let Shawn or I know if we missed anyone.

A fond farewell:



Patrick
Michael B.

Best wishes to you both as you commence a new chapter; we shall miss you!

Keep in touch!

Past running events:



Santa Shuffle, 6 Dec. 2004



Run for the Cure, 5 Oct. 2003



Recipe corner:

Michael C's white-chocolate macadamia cookies

The measurements are American, but I think pretty much are the same in Canada, or convertible.

Yield: about 60 cookies

1/2 lb.	butter
1 cup	dark brown sugar
1 cup	granulated sugar
2	eggs
1 1/2 tsp.	vanilla (or go a little higher if you like)
12 oz.	flour (2 1/4 cups)
1 tsp.	salt
1 tsp.	baking soda
1 cup	macadamia nuts (chopped for small cookies)
12 oz.	white chocolate chunks (2 cups)

- Preheat the oven to 375 °F and grease cookie sheets.
- Cream the butter and sugars together until well blended and fluffy. An electric mixer is helpful, otherwise be vigorous.
- Add the eggs one at a time and mix until well incorporated and fluffier.
- Sift together the flour, salt, and baking soda, then mix thoroughly into the butter mixture.
- Add the nuts and chocolate and stir into the mixture above.
- Place on cookie sheets by the teaspoonful, at least 1 inch apart.
- Bake for 8–10 min, until the edges have just begun to brown and the centers are cooked but not really set. Let rest a couple minutes out of the oven before taking off the cookie sheet and cooling on a rack.
- When cool, package airtight so that they remain chewy and don't dry out.

Note that I give the flour measurement as a mass because volume measurements are notoriously inaccurate and these cookies are really sensitive to variations in that. The standard volume of 2 1/4 cups works pretty well with all-purpose flour out of the bag, but I recommend checking the mass if you can.

Disclaimer: Shawn and I are not responsible for any mass gain associated with using the recipes in this section.

Contact information:

Shawn Murphy
[\(\[murphy@fusecommunications.ca\]\(mailto:murphy@fusecommunications.ca\)\)](mailto:murphy@fusecommunications.ca)

or

José M. Perez
[\(\[imperez@sympatico.ca\]\(mailto:imperez@sympatico.ca\)\)](mailto:imperez@sympatico.ca)

Ottawa Frontrunners

Volume 1, Issue 2, June/July/August 2004

Upcoming events:

1. **Sunday, 20 June 2004, CS CO-OP Do It For Dad (5 and 10-km runs):** This event is a fundraiser for prostate cancer. We will have some pledge forms available for interested people. You can also visit the Web site at [Do it for Dad \(Run for Prostate Cancer\)](#) for the route and other information. Registration fee is \$25.00 for adults and children under 12 years old are free. Come out and make this another successful club event.
2. **July/August:**
 - ? Pot-luck Barbie at Jose's place. Date to be announced.
 - ? Swimming afternoon at Shawn's cottage. Date to be announced.
3. **Sunday, 25 July, 2004, Ironman USA:** Our beloved Bill B. needs our support to raise funds for Bruce House, which provides care and programs to those living with HIV and AIDS. For more information, check out [See Bill Run](#). For those not familiar with Ironman competitions, it involves a 3.8-km swim, 180-km bike, and a 42.2-km run. Yikes! And we thought the half-marathon and marathon distances were tough. Also, good luck to Dick G. who will also be participating in the Ironman. You guys are amazing!
4. **Saturday, 2 October 2004, Trail Relay (95.5 km):** There are 10 legs to this relay ranging in distances from 4.0 to 17.5 km. The team registration fee is \$290.00 per team with a limit of 20 teams. Registration must be received by early September. Shawn and I have the pledge forms as well as additional information. Let either one of us know if you would like a copy, and those who have already expressed interest, we shall be forwarding the information shortly. For more information visit [Achilles Rail Trail Relay](#).
5. **Gay Games VII, 15–22 July 2006:** For more information, see <http://www.chicago2006.org/>. Time to start thinking about the next Gay Games.
6. **Rendez-Vous Montréal, 29 July to 5 August 2006:** For more information, see <http://www.montreal2006.org/>. If Chicago is too far, why not consider this alternate international event?

Happy birthday:

Dick	8 July
Roger	31 July
Matthieu	12 August
Michael B.	28 August



Have a fabulous year to all (including those that we have missed)!

International Frontrunners:

Did you know that the first frontrunner club began in 1974 in San Francisco? As we are part of an international family of running/walking clubs, and if you find yourself travelling in the near future, why not hook up with the other clubs and do some promo for our group. You can find more information about the other clubs at <http://www.frontrunners.org>.

Web site for OFR:

Michael C. has graciously volunteered his time to develop a Web site for OFR. Stay tuned for more updates on the progress of this endeavour.

Tips for summer running:

Planning to run through the summer heat? Here are some tips you'll find helpful to keep you healthy and safe.

- ? Drink lots of fluids. Dehydration happens quickly.
- ? Avoid running in the mid-day heat. On the extremely hot days, try to run early in the morning or in the evening.
- ? If it's too hot, don't run. Your training won't suffer if you skip a run.
- ? On sunny days, wear sunscreen, a hat (baseball cap), and sunglasses. Just because you're moving doesn't mean you won't burn.
- ? Take care of your feet. Your feet become extremely hot on warm days. You can avoid blistering by wearing blister-resistant socks and using foot powder.

Contributed by Shawn

Past running events:

National Capital Race weekend (30-year anniversary):

Well, I must say that this event was just amazing. What a show of support from the community for over 30 years. Congrats to all who ran in the various events from the club (hope we got all of you below). There were also members of Fronrunners Toronto, Fronrunners Montréal, and The Running Moose Squad/Fronrunners Peterborough among the runners. What an inspiration...almost makes me want to sign up for a 1/2 marathon next year! Only managed to get a glimpse of a few of you!

10 km

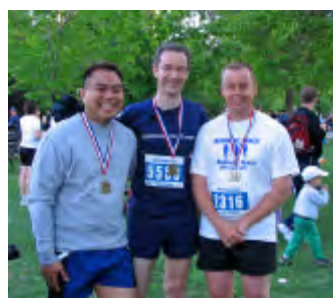
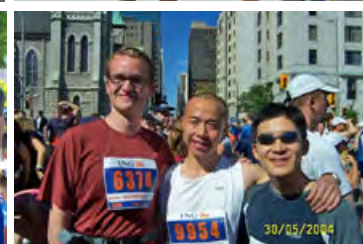
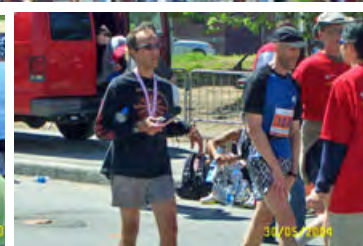
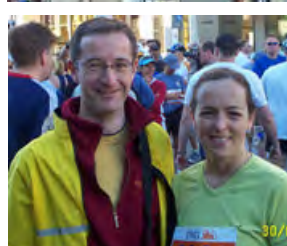
Bill
Chris
David M.
Gilles
José
Matthew
Robin
Roger

21 km (1/2 marathon)

Dan
Dave McC.
David P. (Fronrunners Toronto)
Joe (Fronrunners Toronto)
Paul (Fronrunners Toronto)
Peter
Pu
Stephen
Tony

42 km (marathon)

Catherine
David C.
Ian (Fronrunners Montréal)
James
Jody (Vancouver)
Michael C.
Shawn





Recipe corner:

Michael C.'s favourite carrot cake recipe

Both recipes from *The New York Times Cookbook* by Craig Claiborn (1990). Harper & Row, New York.

1 ½ lbs	carrots
2 cups	sugar
4	eggs
1 ½ cups	corn oil
2 cups	flour
2 tsp	baking powder
2 tsp	baking soda
2 tsp	cinnamon
1/8 tsp	salt
2 tsp	vanilla extract
1 cup	walnuts, chopped

- ? Preheat the oven to 350 °F.
- ? Grate the carrots into fine shreds. This should yield about 4 cups packed.
- ? Butter the inside of three 9-inch round cake pans. Line each with a round of wax paper. Butter and flour the round.
- ? Sift together the flour, baking powder, baking soda, cinnamon, and salt.
- ? Beat the sugar and eggs until thickened. Beat in the oil gradually until emulsified.
- ? Fold the dry ingredients into the egg mixture. Fold in the vanilla, carrots, and walnuts just until blended.
- ? Distribute the batter among the three cake pans. Bake 35 to 40 minutes, until the tops spring back when gently pressed.
- ? Remove from the pans and cool on a wire rack. Fill and frost with cream cheese frosting.

Cream Cheese Frosting

16 oz	cream cheese
8 oz	butter
5 cups	confectioner's sugar
2 tsp	vanilla extract

- ? Preheat the oven to 350 °F. Ensure the cream cheese and butter are at room temperature. Whip together until lightened.
- ? Add the confectioner's sugar and vanilla. Whip together a few minutes until completely smooth and fluffy.

Disclaimer: Shawn and I are not responsible for any mass gain associated with using the recipes in this section. Although, bringing samples to share is always welcomed!

Send your favourite recipes to José for inclusion into the next newsletter. We need some recipes of main entrées (i.e., vegetarian dish, etc.).

OFR t-shirt Logo:

We need your help! Stay tuned, as we will be asking members to vote for their favourite logo from out of three options. If you also have any ideas, please forward your concept logo to either Shawn or José or Michael.

OFR Run times:

Tuesday nights at 6:30 pm
Saturday mornings at 9:00 am

Runs start at the Lisgar Street entrance (i.e., rear entrance) of Ottawa City Hall.

Coffee (Tuesday nights) and breakfast (Saturday mornings) usually follow the runs.

Contact information:

Forward ideas, info., etc. to your Newsletter Editor and Cruise Director.

As always....the membership makes the club!

Shawn Murphy
(murphy@fusecommunications.ca)

José M. Perez (aka Julie)
(mperez@sympatico.ca)

Michael Cooper
(1cooper2181@rogers.com)

Ottawa Frontrunners

Volume 1, Issue 3, September/October 2004

Upcoming events:

1. **Sunday, 24 October, 0900–1200:**
One more race before the snow falls. The event is the "[Rattle me bones](#)". There is a 1-km walk, and 5-km and 10-km, timed runs. For those wanting to better their times or to set a base for next year, come on out and enjoy the fun.
Registration fee: \$25.00 and includes a long-sleeved t-shirt.
Final registration date: Thursday, 21 October.
2. **Saturday, 4 December, 1000–1200:**
The "[Santa Shuffle](#)" was so much fun last year that it would be fun to do it again this year. However, this time why don't we run it with flannel pajama bottoms and Santa hats? And we need volunteers to sit on Santa's lap.
Early registration date and fee: 1 November; \$15.00.
After 1 November fee: \$20.00.
3. **Sunday, 28 November, 1900:** Love and Marriage: The Concert. Join [Tone Cluster](#), along with OLE, as they sing classic and contemporary songs of love and marriage.
Location: First United Church on 397 Kent Street at James Street.
Tickets: \$15.00 (can be purchased from Roger at the runs).
4. **Gay Games VII, 15–22 July 2006:** For more information, see chicago2006.org. Time to start thinking about the next Gay Games.
5. **Rendez-Vous Montréal, 29 July – 5 August 2006:** For more information, see montreal2006.org. If Chicago is too far, why not consider this alternate international event?



Happy birthday:

Rene-Louis	12 October
Tony B.	12 October
Pu	02 November
Gordon	28 November

Have yourselves a fabulous year (including those that we have missed)!

Race results:

Ironman USA (July): way to go Bill and Dick on an amazing performance. Maybe we can organize a road trip next year to Lake Placid to watch this amazing competition.

Twin cities marathon (October): way to go Brian and Phil. Also worth mentioning is that Brian has qualified for the Boston marathon with his PB performance in this race.

Achilles' trail relay; Peterborough (October): congrats to the Dave, Tony, et al. for coming in first place in the relay. Ninety-five kilometers....yikes!

Run for the Cure (October): see the race info on the following page.

Ottawa half-marathon (October): way to go Catherine.

Columbus, Ohio, marathon (October): way to go Bill.

Way to go to all for your achievements to date! You are an inspiration to all of us in the club!

Modified on 15-Oct-06

International Frontrunners:

Did you know that the first frontrunner club began in 1974 in San Francisco? As we are part of an international family of running/walking clubs, and if you find yourself travelling in the near future, why not hook up with the other clubs and do some promo for our group. You can find more information about the other clubs at <http://www.frontrunners.org>.

OFR t-shirt Logo:

Here's an update. Shawn has received three concepts for a logo for the club this past summer; feedback was presented to the designer for some modifications to the three concepts in mid-September; and we hope to present them to you shortly for the selection of the official logo for OFR. Stay tuned for more updates.

Web site for OFR:

Michael C. has been working on the Web site for OFR. Stay tuned for more updates on the progress of this endeavour.

Tips for Fall/Winter running:

Thinking about braving the weather and running with the group for the winter? Great! Running in winter is as much fun and certainly can be as comfortable as summer running (well, almost).

- ? The trick for winter running is to layer up. Avoid cotton or other natural fibres in favour of synthetics/microfibres that wick away moisture and keep you dry.
- ? As the weather turns colder (like now), start with a light short- or long-sleeved t-shirt and add a mid-weight layer or shell. You can buy light, mid-weight, and heavy-weight inner layers, and use your judgment about how many layers to wear depending on the conditions as it gets colder.
- ? Once the weather turns cool, a shell is a must. You'll want one that breathes well and provides cover for the inside layers. A good shell keeps wind out and warmth in.
- ? Running pants come in various weights too. You can wear regular weight pants in the cooler weather and add synthetic underwear on the very cold days. But again, it's all about judgment. No two people feel the cold in the same way. If you're cold, go for a heavier weight pant and add the underwear when you feel you need them. Women tend to get colder in the lower half than men, so keep this in mind.
- ? Shoes tend to be the same regardless of the season. Feet tend not to get cold if you're always moving. But hats and gloves are a must, as is a balaclava for extreme days. You don't want to freeze! All these items should be synthetic so that they will breathe well.
- ? I'm a big fan of Bushtukah, located at Richmond and Kirkwood (across the street from the new Loblaws). They have lots of volume and their prices tend to be lower. Ask their sales people for help. They're all very knowledgeable about clothing.
- ? Best advice: don't run on extreme days, days that are too icy or slippery, or in heavy snowstorms. Experience shows that there are really only about 10 days or so in a typical winter when you should not be running. Otherwise, get out there and enjoy!

Want more advice? Don't hesitate to ask when we're together on Tuesdays or Saturdays, or send me an e-mail.

Contributed by Shawn

Modified on 15-Oct-06

Past running event:

“Run for the Cure”: fundraising run for the Canadian Breast Cancer Foundation, Sunday, 3 October:

What a great show by the team! Our club members raised a little over \$2000.00, which doubled what we raised last year.

Thanks to the team: Albert, Catherine, Daniel, David, Michael, Minerva, Peter, Roger, Shawn, and me.

We thank Gilles who graciously gave up his beauty sleep to be our photographer for the morning.





Recipe corner:

Michael C.'s favourite pecan pie filling recipe

Recipe adapted from *The 100 Greatest New Orleans Creole Recipes* by R.F. Guste, Jr., published by Pelican (1994).

3	Eggs
1 cup	Dark brown sugar
2/3 cup	Dark corn syrup
1/2 tsp.	Vanilla extract
1 tbs.	Bourbon, rum, or brandy (optional)
1/4 tsp.	Salt
2 tbs	Butter, melted
1 1/2 – 2 cups	Pecans, shelled, chopped if desired

- ? Toast the pecans in a 350° F oven about 15 min, until fragrant. Cool.
- ? Prepare a crust for a 9-inch 1-crust pie.
- ? Preheat the oven to 425° F.
- ? Beat the eggs and blend in the sugar.
- ? Work in the corn syrup, vanilla, liquor, salt, and melted butter. Mix until it becomes a homogenous mixture, but do not over mix.
- ? Add the pecans and mix to coat well.
- ? Roll out the piecrust and line pie plate. Flute the edge.
- ? Pour the pecan mixture into the pie shell. Bake 15 minutes.
- ? Reduce the oven heat to 350° F. Bake about 40 minutes more, until filling is set at the edges but unset in the center.
- ? Handle carefully when removing from the oven so as not to disturb the filling. Cool completely before serving.

Send your favourite recipes to José for inclusion into the next newsletter. We need some recipes of main entrées (i.e., vegetarian dish, etc.).

The world according to Gigi (i.e., dating tips)

Unfortunately, at the time of the press run for this issue, Gigi was otherwise "tied up" with a date of her own. She has promised to have a few pointers for the next newsletter.

OFR Run times:

Tuesday nights at 6:30 pm
Saturday mornings at 9:00 am

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Coffee (Tuesday nights) and breakfast (Saturday mornings) usually follow the runs.

Contact information:

Forward ideas, information, etc. to your Newsletter Editor and Cruise Director.

Deadline for next newsletter: mid-December.

As always...the membership makes the club, so your input is most welcome by the organizers!

Please update your information using the attached Word document and e-mail it back to me, your Cruise Director. As always, the information is kept confidential.

Shawn Murphy
(murphy@fusecommunications.ca)

José M. Perez (aka Julie)
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Michael Cooper
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Ottawa Frontrunners

Volume 1, Issue 4, November/December 2004

Upcoming events:

1. **January 2005:** 2nd anniversary supper and AGM. Date, time, and location yet to be determined.
2. **Gay Games VII, 15–22 July 2006:** For more information, see chicago2006.org. Time to start thinking about the next Gay Games.
3. **Rendez-Vous Montréal, 29 July – 5 August 2006:** For more information, see montreal2006.org. We have successfully formed a team of 17 OFR members participating in the marathon, ½ marathon, 10-km road race, track and field, and triathlon events. The organizers have indicated that there will be another running event that will take place earlier in the week; the event will be either a 5- and 10-km road race or a 4- and 8-km trail race. We shall keep you post of development. **Early registration ends 31 December 2004.**



Happy birthday:

Patritica 09 December
Brian M. 17 December

Have yourselves a fabulous year (including those that we have missed on the birthday list)!

Race results:

Rattle me bones (October): Catherine, Brian R., Gilles, José, Peter, Phil, and Shawn (see pictures on following pages).

Santa Shuffle (December): Bill, Brian R., Catherine, Jafar, Michael, Phil, Shawn, and Stephen (see pictures on following pages).

Way to go to all for your achievements to date! You are an inspiration to all of us in the club!

OFR t-shirt Logo:



Here is the club's logo for the shirts; note that the navy blue approximates the navy blue colour of the shirts. Shawn has picked up the order of 50 navy blue micro-tech shirts from Bushtukah. To date, we have collected deposits from the majority of the members who ordered shirts. I believe that we have all 50 shirts accounted for at the moment. Shawn contacted the printer before the holidays and is waiting for a call back from them regarding the printing of the shirts.

If you have not yet made your deposits, please either bring a cheque for \$30.00 payable to "Shawn Murphy" to the next run, make alternate arrangement with either me or Shawn, or you can post the cheque to me, José M. Perez, at 383 Cumberland Street, Unit 712, Ottawa, ON K1N 1J7. We will issue your receipt once the cheque has been received.

Web site for OFR:

Michael C. has been working on the Web site for OFR. Stay tuned for more updates on the progress of this endeavour.

International Frontrunners:

Did you know that the first frontrunner club began in 1974 in San Francisco? As we are part of an international family of running/walking clubs, and if you find yourself traveling in the near future, why not hook up with the other clubs and do some promo for our group. You can find more information about the other clubs at [International Frontrunners](#).

The minutes from the AGM of IFR is available to OFR members upon request. There will be a special meeting and e-vote held between 15 and 29 January 2005 that will tackle the question of membership by IFR to GLISA. Individual clubs have already joined GLISA, such as Seattle Frontrunners, Toronto Frontrunners, and us. Shawn is OFR's contact person with IFR, so if you have any opinions regarding IFR as a whole to joining GLISA, please let him know.

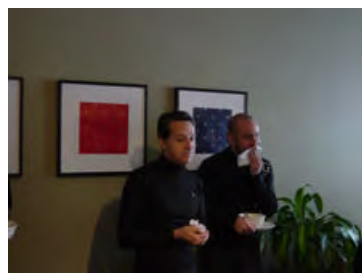
The next AGM will be held in San Francisco from 23 to 26 June 2005. Contact your Cruise Director for more information.

GLISA membership:

Thank you for joining us on Saturday, 11 December 2004, and we especially thank Dave McConkey (Canadian representative at IFR) and Rachel Corbett (Executive Director from GLISA) for updating us on IFR and GLISA, respectively.



Our application to GLISA was sent on Friday, 17 December 2004, and our club's name is now listed on GLISA's members page. Shawn is the contact person for GLISA.



Tips for Fall/Winter running:

We decided to re-run Shawn's tips for Fall/Winter running, especially since we have our first cold snap of the winter season. Eight souls braved the cold on 21 December. So, if you are thinking of braving the weather, here are points to keep in mind:

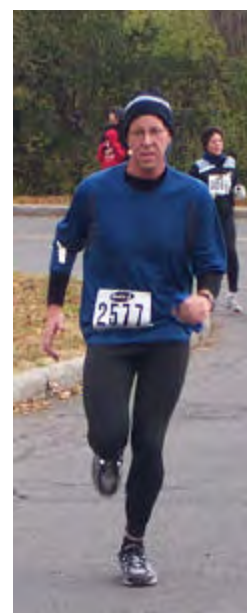
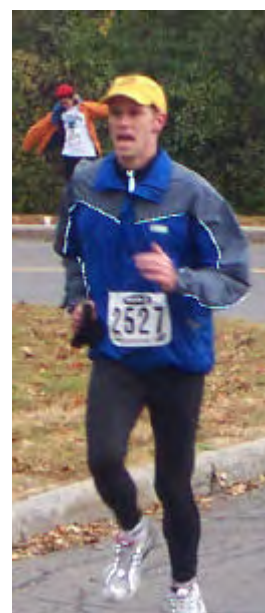
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Want more advice? Don't hesitate to ask when we're together on Tuesdays or Saturdays, or send Shawn an e-mail.

Past running events:

Rattle me bones (5- and 10-km runs), 24 October 2004:

What a gorgeous morning to have this Fall run! Catherine, Brian R., Gilles, José, Peter, Phil, and Shawn ran their hearts out. Everyone set personal bests.



Santa Shuffle at the Arboretum, 4 December 2004:

What a gorgeous morning to have this run! Bill, Brian R., Catherine, Jafar, Michael, Phil, Shawn, and Stephen dawned on their Santa hats; some even had flannel pajamas and bells on to complete their outfits. Bill even got interviewed for the 6:00 pm news with the New RO. Way to go Bill! Thanks to Matthew, Wil, Pu, and Michael B. for cheering the folks at City Hall before the sleighs headed to the Arboretum. Pictures are courtesy of Pu and José.



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