



» ottawa frontrunners.ca

Ottawa Frontrunners welcomes runners (gay, lesbian, transgendered & their friends) of all ages and abilities.

Meet for a Fun Run at Ottawa City Hall, Lisgar Street entrance: Tuesday evenings, 6:30 pm, Saturday mornings, 9:00 am

Upcoming Events

Sunday 17 April, 2005

RBC Run For Reach, Ottawa

3, 5, 10, & 21 km races along Queen Elizabeth Drive.

More Information: www.reach.ca/run/index_g.html

Sunday 24 April, 2005

17th Annual Physiotherapy Run/Walk, Ottawa

2, 5, & 10 km races begin at St. Paul's University.

Proceeds to: The Physiotherapy Foundation of Canada & Pathways to Independence.

More Information:

www.events.runningroom.com/site/?raceID=1316

Wednesday 27 April, 2005

A Taste for Life, Ottawa

Eat out today and participating restaurants will donate 25% of their sales to The Snowy Owl AIDS Foundation, and Bruce House. Join Ross & Albert at SomRueDee Steakhouse, 428 Preston St.

More Information: www.atasteforlife.org/ottawa

Saturday & Sunday, May 14-15, 2005

Mississauga Marathon Race Weekend

10 km Race / 10 km Student Relay are held Saturday evening. The half-marathon & marathon races are held Sunday morning.

More Information: www.mississaugamarathon.com

Saturday & Sunday, 28-29 May, 2005

National Capital Marathon Weekend, Ottawa

5 km run/walk & 10 km race are held Saturday evening. The half-marathon & marathon races are held on Sunday morning.

More Information: www.ncm.ca

Thursday – Sunday, 23-26 June, 2005

International Frontrunners AGM, San Francisco

More Information: www.frontrunners.org

San Francisco Pride Run

5 km & 10 km run/walk events start on Saturday at 9 am, from Golden Gate Park.

More Information: www.sfpriderun.org

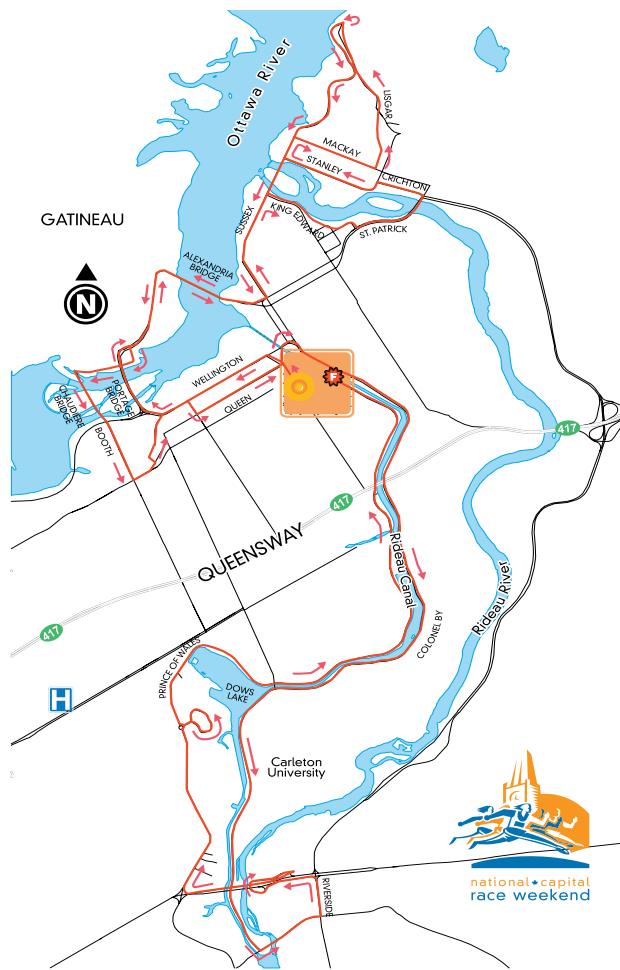
Saturday, 17 July, 2005

Reykjavik Ultra-Marathon, Iceland

The race starts at Landmannalaugar in the highlands and finishes at Húsadalur, Thorsmork, a natural reservation area.

The total distance is about 55 km.

More Information: Contact us at ofr@ottawafontrunners.org and we will forward your name to David McConkey who plans to run the course with Tony, and two Toronto Frontrunners.



Above: The National Capital Race Weekend's marathon course. (source: www.ncm.ca).

Past Events

Saturday February 27, 2005.

Peterborough Half Marathon

This was Shawn Murphy's third race so far this year, having already run the Disney Marathon and the Richmond 10k race in January!

Saturday March 5, 2005.

Ottawa FrontRunners AGM, José's SuperCool Condo

New OFR Executive Elected:

(Michael: Co-Chair, Vacant: Co-Chair, Peter: Treasurer).

Other Roles identified and/or Filled:

- i. Social Co-ordinator: unfilled
- ii. Marketing & Advertising: unfilled
- iii. Membership & Run Reminders: José
- iv. Newsletter Editor: Eric
- v. Outreach Co-ordinator: Phil (& Wendy?)
- vi. Running Clinics/Coach: Bill
- vii. Legal issues: Stephen

More Information: See José for the AGM Minutes.

Ottawa Frontrunners 'GO' Live to Air

Contributed by: Michael Cooper

On Saturday, 26 March, members of the Ottawa Frontrunners were invited to be special audience members on the CBC Radio 1 national program 'GO' (<http://www.cbc.ca/go/>). GO is a light-hearted live comedy program hosted by Brent Bambury. Producers provided a script to work us into the Easter show, essentially using us to set up an audience Jesus Christ Superstar sing-along. We were able to use the opportunity to advertise our group nationally, and played along with the gags of the show. We've already had one new member join as a result of this, and have had inquiries from people around the country. Michael, Eric, and his partner Kevin spoke on the air with Brent a couple times during the show, discussing roving packs of gags in lycra and, of course, our universal fondness for musicals. This opportunity arose thanks to Lisa who organized a small group to attend GO the week before and used that springboard to catch the producer's eye. Ottawa Frontrunners is now famous!

Tips For Spring Running

Contributed by: Shawn Murphy

If you have trained through winter conditions for a spring race, getting back down to bare pavement is a great feeling. Often, little nagging aches and pains go away suddenly as your footing gets a little easier. But it's still wise to exercise caution. Here's why:

1. With the return to better running conditions, runners often want to run longer and faster. It's a natural reaction after dealing with so much snow and ice. But there's a risk of injury in these conditions, too. Remember that when you increase your speed and distance, you also increase your risk of injury.
2. In spring, we all want to shed those layers of clothing we had to have during the winter. If you are prone to muscle cramps in your legs, keep wearing at least your lightest running tights until it's warm enough to switch to shorts. The extra warmth comes in handy, as does the tightness around your muscles.
3. Sun in winter isn't strong, but when spring comes, you'll want to remember the sun block when you head outside for your run.

If you have trained well all season and have the mileage under your belt, your fitness will see you through on race day. But here are some things you can think of in your last couple of weeks of preparation:

1. Get lots of rest in the week leading up to the race. You'll need it.
2. Hydrate! Get as much water into you as you can during the week leading up to your race. Your muscles will thank you for it.
3. Pace yourself. You will have a lot of pent-up energy and adrenalin



Above: Frontrunners ham it up with CBC Radio superstar Brent Bambury. Left to right: Eric Mann, Brent Bambury, Michael Cooper, Kevin Spencer.

on race day. Find your pace early in the race and try to stick with it. If you pace yourself in the first half, you are less likely to crash later on.

4. On race day, stop at every water stop on the route. You may not be aware of it, especially on a cool day, but your body is dehydrating. The few seconds you lose when you stop for water will be regained by better performance.

Have fun. Races are exciting. You've put a lot of work into your training, now's the time to enjoy it. Celebrate your accomplishment!

Recipe

Contributed by: Michael Cooper

For those of you who gobbled up those addictive brownies Michael Cooper brought to a recent Tuesday post-run coffee, he's generously agreed to reveal his secret (and legal) ingredients:

Michael's Addictive Brownies

Source: Marion Cunningham: *The Fannie Farmer Cookbook*, 13th Ed. (1994: Knopf)

-6 oz unsweetened chocolate	-1/2 tsp salt
-3/4 cup butter	-2 3/4 cups sugar
-4 eggs	-1 1/2 cups flour
-2 tbs vanilla extract	-1 1/2 cups walnuts chopped

1. Toast the walnuts about 15 minutes in a 350° F oven until fragrant. Cool. Increase oven heat to 375° F. Butter and flour a 9 x 13 x 2 inch baking pan.
2. Melt chocolate and butter together, stirring often. Remove from heat and cool.
3. Combine the eggs, vanilla, salt, and sugar in a mixing bowl and beat for 8 to 10 minutes, until light in colour, fluffy, and the sugar has dissolved.
4. Gently stir in the chocolate and butter mixture, then fold in the flour just until well blended. Stir in the walnuts.
5. Spread in the prepared baking pan and bake about 25 minutes, until the edges are set but the center is still slightly moist.
6. Cool in the pan a few hours, then cut into squares.



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this newsletter is published quarterly | Volume 2: Issue 2 | April-June 2005

From the Editor

This issue of the OFR Newsletter includes great articles and photos submitted by our members. Read on to learn a few tips for treating or avoiding running injuries; plan your next practice route; or reflect on the National Capital Race Weekend. As always, your comments and contributions make this newsletter worth reading. Send them to Eric at ofr@ottawafonrunners.org.

Past Events

Sunday 17 April, 2005

RBC Run For Reach, Ottawa

On a bright Sunday morning, four OFR members took part in three running events. In the 5km event, Eric & Peter raced each other to a strong finish, (20:48, 20:51 chip time, respectively) while John posted a great finishing time for the 10 km event, (47:46 chip time), and Bill finished 32nd in the half-marathon with a chip time of 1:33:18!



Above: Bill hits his stride in the Run For Reach half-marathon.

Sunday 24 April, 2005

17th Annual Physiotherapy Run/Walk, Ottawa

One week after running a similar 5 km race, Peter braved less than ideal weather conditions to reach a strong finish in this charitable event.

Saturday & Sunday, 14-15 May, 2005

Mississauga Marathon Race Weekend

Early Sunday morning, Bill ran the scenic half-marathon course to a great finishing time of 1:29:40. (chip time).

Saturday & Sunday, 28-29 May, 2005

National Capital Marathon Weekend, Ottawa

For a complete summary of the NCM weekend, keep reading!

Upcoming Events

Saturday, 11 June, 2005 (8 pm)

"We Are Family": A concert presented by Ottawa's Tone Cluster Choir

First Baptist Church, 140 Laurier St. W, corner of Elgin Street. Look forward to songs in French and English, a choral version of the William Tell Overture, and "Hope There Is", (inspired by Australian Aboriginal music). Tickets are \$15 and will be available from mother tongue books, Leading Note, After Stonewall, and at the door, with a pay-what-you-can option.

More Information: Speak to Roger, Phil, or visit <http://gaycanada.com/tonecluster/concerts.html>

Sunday, 19 June, 2005

Alterna Do it for Dad!, Ottawa

2 km, 5 km & 10 km events begin Sunday morning, at Carleton University's Anniversary Park. The course routes follow Colonel By Drive, overlooking the Rideau Canal.

More Information: www.events.runningroom.com/hm/index.php

Father's Day Run For Prostate Cancer Research, Toronto

2 km, 5 km & 10 km events begin Sunday morning, at Sir Casimir Gzowski Park, at Lakeshore Blvd West between Windermere Ave. and Ellis Ave. The course runs along the boardwalk overlooking Lake Ontario.

More Information: www.fathersdayrun.ca

Thursday – Sunday, 23-26 June, 2005

International Frontrunners AGM, San Francisco

More Information: www.frontrunners.org

San Francisco Pride Run

5 km & 10 km run/walk events start on Saturday at 9 am, from Golden Gate Park.

More Information: www.sfpriderun.org

Friday, 1 July, 2005

HBC Run For Canada, Ottawa

The 10 km race begins at 7:30 am, and follows a scenic course featuring Parliament Hill, and crossing into Gatineau.

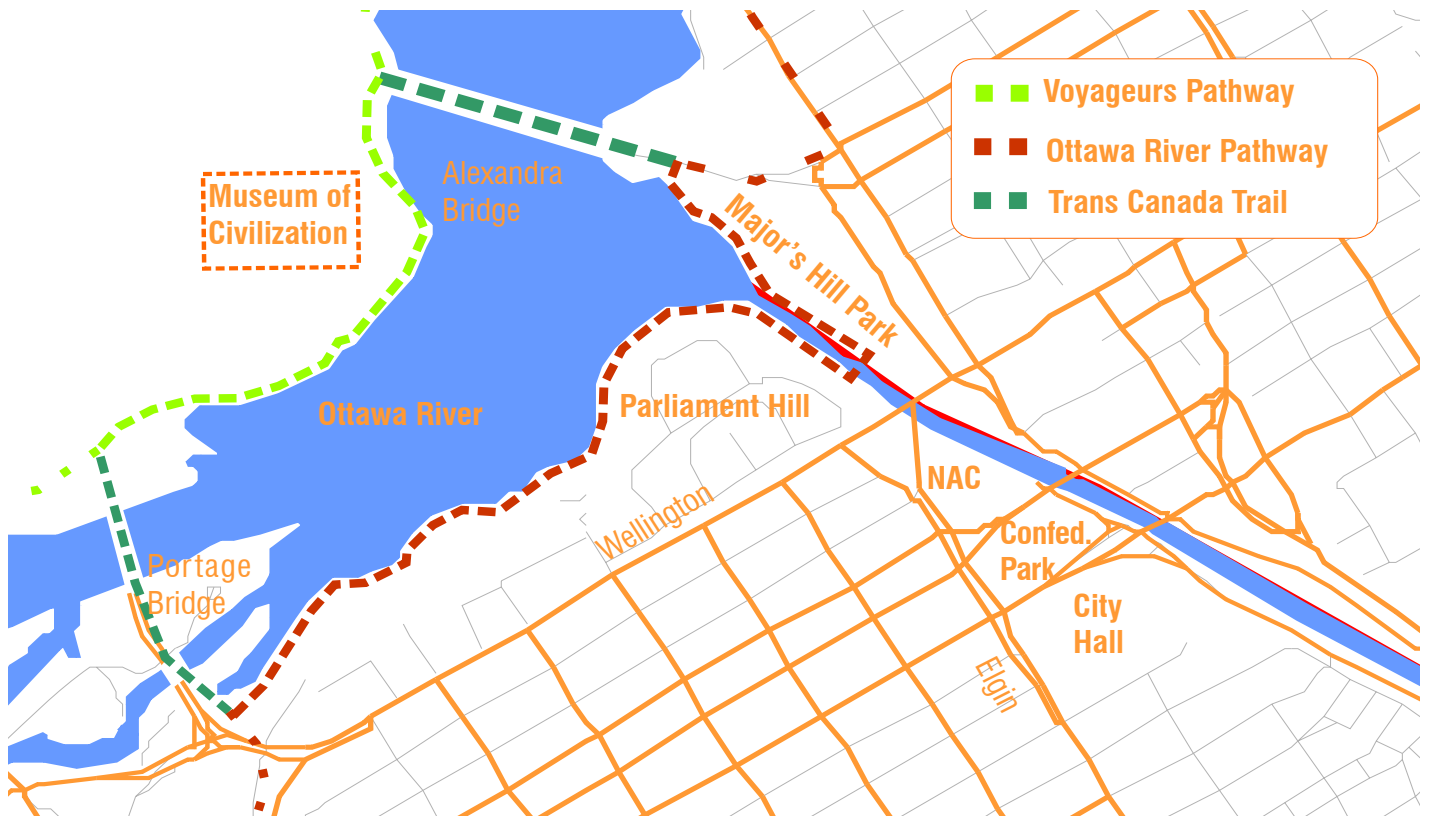
More Information: www.hbcrunforcanada.ca

Sunday, 25 September, 2005

ScotiaBank Toronto Waterfront Marathon, Toronto

Online registration for the full & half marathon, and 5km run/walk races closes midnight September 20, 2005. All races begin early Sunday morning.

More Information: www.torontowaterfrontmarathon.com



Above: Map of the City Centre Panorama pathway. (NTS)

Local Pathways: City Panorama

Distance: approximately 5 kilometres

This scenic course uses three distinct recreational pathways: the Voyageurs Pathway (on the Quebec side); the Ottawa River Pathway; and the Trans Canada Trail. Each pathway is certainly worth an exploratory jog, beyond the boundaries of the course identified above. A brief description of each follows.

The Voyageurs Pathway: "This pathway, 30 km long and fully paved, provides a panoramic view of the Ottawa River in a natural environment. It links the Canadian Museum of Civilization, Jacques-Cartier Park, Leamy lake Park, Brebeuf Park, Moussette Park, Deschenes Rapids and Deschenes Lake Marina.

Ottawa River Pathway: This 31 km pathway has two segments: the 20 km paved western segment, and the 13 km stonedust eastern segment. The terrain is mostly flat with a few small hills. The pathway parallels the Ottawa River, rewarding its users with spectacular views.

Source: "Explore the Recreational Pathways of Canada's Capital region". National Capital Commission, 2005.

Other GLBT Organizations

Rideau Speedeaus

Ottawa's GLBT swim team. They practice several times per week and participate in competitions and hold an annual tournament and dance. Many members of Ottawa Frontrunners cross train with the Speedeaus.

More Information: www.rideauspeedeaus.com

Gay Ottawa Volleyball (GOV)

A group of people for the GLBT community who meet every Monday and Wednesday nights from September through May for fun nights of volleyball in the nation's capital. Mondays are recreational and Wednesdays are competitive with fixed teams.

More Info: www.gayottawavolleyball.com

TimeOut Hiking

At least one hike will take place every month from May to October. Potentially, winter hikes will be organized in the future. The destinations are mainly in the areas surrounding Ottawa.

More Information: Contact Pu, or www.timeouthikingottawa.ca

Tone Cluster

Tone Cluster is a vibrant musical ensemble that contributes both musically to the Ottawa arts scene and socially as part of Ottawa's GLBT community. Several members of Ottawa Frontrunners sing in Tone Cluster.

Congratulations David McConkey!

Reflections on the NCM Weekend

Contributed by: José

On Friday June 3rd, leaders of the Peterborough & District Sports Hall of Fame proudly named OFR member David McConkey as one of their Inductees for 2005. The media release highlighted David's impressive athletic career, and his tremendous influence on the Peterborough running scene over the last 20 years.

"He has participated in the prestigious Boston Marathon seven times. He has finished 33rd in the Athens, Greece Peace Run Marathon in 1988 where he was the first Canadian to cross the finish line. As well, he completed many marathons including the Dublin, Ireland Marathon in 2000 and has served as an Achilles Guide Runner in numerous marathon races, including the New York City Marathon where he helped runners with disabilities to finish the course. He also ran in the Gay Games in Australia in 2002 and in several ultra marathons.

David was a founding member of both the Peterborough Frontrunners Club and the local Achilles Track Club and was awarded a lifetime membership in the Peterborough Road Runners Club in 2002. He is also the Canadian representative for the International Frontrunners and was the Canadian flag-bearer for the International Friendship Run in New York in 2003 and 2004. As well, he has been an advisory board member with the Gay and Lesbian International Sport Association since its inception.

David has been a strong contributor to the sport of long distance running in Peterborough, both as a runner and a founder."



Above: David McConkey running in the Shades Mill marathon course.

Another NCM weekend has come and gone! I can't believe that it is my 5th year participating in this event and it just keeps getting better and better. This year, Ottawa Frontrunners had a strong presence in the 5- and 10-km events, as well as in the half-marathon and marathon events. And not to mention our club's volunteer efforts cutting up those boxes of bagels, oranges, and bananas for the 26 394 runners who participated in the NCM. We have come a long way as a club from our humble beginnings with 3–4 friends getting together on a Saturday morning!

My NCM weekend started when I picked up several race kits at the Sports Expo and Registration Centre at Carleton University on Friday, 27 May. David M. was kind enough to drive me to Carleton University and even extremely patient when we had to make a second trip after I had forgotten one of the kits.

On Saturday, 28 May, I was up early preparing the race kits to distribute later that morning, not to mention preparing the shopping list for the post-marathon barbie that I was hosting for OFR on Sunday. Would I get everything done and even have time for a nap before my 10-km race later that evening? A moment of panic set in, but only for a few seconds and then it was gone!

I met up with the rest of the group at 9:30 am, many were just doing 1- or 2-km runs to stretch out their legs for their respective events and to welcome any out-of-town Frontrunners visiting Ottawa for the NCM. We had a leisurely breakfast at Carmello's before Wendy, Gilles, Michael C., Peter, Eric, John, Daniel, Hendrik, Stephen, Jafar, and myself met up with Brian M. for 3 h of cutting bagels, and fruit. We met Brian's amazing friend, Stella, who was witty and charming and very elegant. I don't think any of us knew what we had gotten ourselves into when we answered Brian's call for volunteers. Highlights included Peter's Princess Lea imitation with the bagels, fondling of the bananas, Hendrik chastising several of us with "those fruits are not going to cut themselves" and "a little less chatter and a little more chopping", hoarding boxes of bagels to cut because some of us didn't want to fondle the fruit, and of course Gilles complaining about spending the morning under a tent when he could be out getting some colour! Brian was extremely thankful for our support!

As the evening approached, my preparations for the 10-km race started in earnest. By 5:30 pm, I was heading to the Lisgar Street entrance to City Hall to get several group photos. There was Albert, Daniel, Hendrik, Eric, Michael C., Kelly (Gilles's friend), Roger, Colin, Rob, Herschel, and myself running the 10-km event and Peter and Herschel's partner running the 5-km event. There was a party atmosphere at festival plaza and City Hall. As we headed to the start line, I lost the gang and lost myself in my music and the crowd at the 55- to 60-min pace bunnies.

As the horn signalled the start of the race, I said a little prayer to let me finish this race. (continued on page 6)...

Capital Race Weekend: **Volunteers for Race Setup, Saturday, 28 May**

Volunteers: Brian M, Wendy, Daniel, Eric, Gilles, Hendrik, Jafar, John G., Michael C., Stephen. Photos Contributed by: José, Pu



Left: Gilles goes for a bagel cutting record. **Centre:** (l-r) Hendrik, Jafar, Michael C., John, Daniel, Stephen, Brian, Gilles. **Right:** Peter sports the 'Princess Leia' look.

Capital Race Weekend: **The 10 km Race, Saturday, 28 May**

10 km Race Participants: Albert, Colin, Daniel, Eric, Hendrik, Herschel, Kelly, Rob, Roger. Photos Contributed by: José, Pu.

5 km Race Participants: Peter & Herschel's Partner.



Above (l-r): José, Daniel, Hendrik, Michael C., Eric, Albert.

Above (l-r): Daniel, Kelly, Eric, Michael C., David M.



Above (l-r): Stephen, David M.

Above (l-r): The Goodfellas.

Above: Roger nears the finish line.....

Rethinking Injury

Contributed by: Bill

Dealing with an injury can be one of the most frustrating situations that an athlete will face. In fact, injuries are likely second on the frustration list only to coordinating your racing outfit with your participant number! There is a great deal of information related to injury prevention and treatment available on the Internet and in running and health-related magazines. Most articles suggest that the most effective way of dealing with an injury is to work to prevent it in the first place. Of course, this is often easier said than done. Properly developed training plans that build slowly over a period of time and that incorporate rest weeks, adequate recovery, good nutrition and stretching *after each and every* run can work to decrease the chance of injury. Strength training has also proven to be beneficial, with a particular focus on core stability.

But, as we all know, despite our best efforts injuries still occur either through overuse or trauma. Dealing effectively with an injury usually includes the RICE principle (Rest, Ice, Compression and Elevation) and a trip to a qualified therapist (physiotherapy or active release therapies). What many articles fail to address however is how to mentally deal with an injury, in particular in North American society, which celebrates injured bodies. Take Kerry Strug, for example. At the 1996 Olympic Games in Atlanta, the petite American gymnast became a national hero when she nailed her vault routine with a badly injured ankle. Think also about the numerous athlete profiles on both American and Canadian sport broadcasts – it is rare now to hear a profile that doesn't include a long list of injuries with which the athlete has dealt.

A typical response to injury, regardless of level of ability, is "I can run through this", or "It only hurts a little bit, I can take it". In many instances, recreational and elite athletes are encouraged to "suck it up" and are chided by training partners, friends or other competitors if they choose to withdraw from a race, or take a break from training. Researchers have linked these ideas with traditional notions of masculinity, suggesting that one must gain ultimate control of their body, and if running with pain is part of that control, than so be it. This mastery of the corporeal is equated with aggression, physical and mental strength - all traits linked with traditional forms of masculinity. These traits are part of what is celebrated in our society.

Many sport sociologists and psychologists however, suggest a rethinking of injury. At its most basic level, an injury is a physical signal that the body needs time to rest and recover. Instead of encouraging those who run or play through pain, we must support those who give their body this time, by stepping back from training or competition. (continued on page 8)...

Reflections on the NCM... (cont'd from pg 4)

Contributed by: José

With one injury after another during the training, my only goal was to finish the race. It was a gruelling 10-km and that finish line couldn't come fast enough. My saving graces were my "family" cheering me on...first there was Kelly (from my office) just before the monstrous hill after the Bronson Bridge. Just as my legs felt like they were going to fall off, I heard her calling my name and encouraging me to run harder! I made it over the Bronson Bridge and started my way home. Nearing the finish line, even through my music, I could hear the crowd cheering....550 m, 250 m, 100 m, and then the final beep of the Champion Chip as I crossed the finish line! All I could think about was to stay on my feet and not pass out! I heard my name being called out several times as I approached the finish line!

I bumped into Roger, Grant, and Grant's brother and sister-in-law at the recovery area, but I couldn't find the rest of the gang. I wandered Confederation Park and festival plaza without any hope of finding the rest of the gang, but as luck was on my side, I ran into Daniel who directed me to where the gang had gathered. There was euphoria in the runners' faces in the gang and a celebratory beer was in order!

By the time I made it home and settled into making the hamburgers, it was past 10:30 pm and I had to be up and back at City Hall for 6:30 am to see the marathoners Brian R. and Shawn off; unbeknownst to me, Catherine McK., Terry, and David C. were also running the marathon. Gilles, Pu, Peter, John G., Phil, David M., Don (Boston Frontrunners), Ian (Montréal Frontrunners), Claudia, Paule, John W., Robert, and David McC. (Running Moose Squad) were still at home probably asleep, as their half-marathon wasn't scheduled to start until 10:15 am.

As the marathoners surged past the start line, I had time to head for breakfast and make it to the 21-km route marker just below the War Memorial and the tomb of the unknown soldier. I waited patiently for the first marathoners to reach my position and at 1:07:00, the elite marathoners came charging down Queen Street to the thunderous applause of the crowds. First I saw Shawn and Brian, then Terry, David C., and Catherine. As Catherine rounded the corner, it was time for me to head back to festival plaza to meet up with the half-marathoners.

There they all were...looking all relaxed and ready to have the run of their lives. The jockeying for positions started the moment we had assembled for the group photograph! Roger, a friend of John G., Michael C., and I gathered at the 2:00:00 mark to see them off. What an amazing sight to see all the runners heading up the hill on Elgin Street and past the War Memorial....hundreds of them like ants marching to find a new colony! (continued on page 8)...

Capital Race Weekend: The Marathon, Sunday, 29 May

Race Participants: Brian R., Shawn, Catherine McK, Terry, David C. Photos Contributed by: José.



Above: Brian R. and Shawn pose for a pre-race photo.



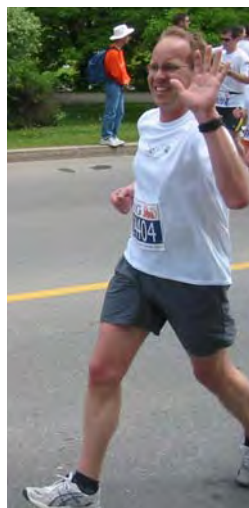
Above: Peace!

Capital Race Weekend: The Half-Marathon, Sunday, 29 May

Race Participants: Claudia, David M., David McC., Don, Ian (MFR), John G., John W., Paule, Peter, Phil, Pu, Robert, Terry. Photos Contributed by: Jose, Pú, Eric.



Below: Phil flashes a smile to OFR spectators.



Above: Gilles holds his form, straight to the end.



Above (l-r): John W., David M., Paule, John G., Phil, Pu, Gilles, Robert.

Rethinking Injury (cont'd from pg 6)

Contributed by: Bill

Watch for the second part of Bill's article in the next issue of the OFR newsletter.

Such a move will create a much more body-friendly sport environment and one that promotes life-long participation and activity. So the next time you feel a little tweak in your hamstring, or suspect that your IT band may be acting up, take a day or two to recover and celebrate the fact that you are re-thinking injury in a way that is far friendlier to your body and that moves beyond typical "jock" mentality. Doing so will allow you enjoy the sport (and to look fabulous in a jock) for many years to come!

TLC For Your Wounded Knee

Contributed by: Peter

Sustaining knee injuries is common among runners – I experienced this first hand during this past winter while training. I knew instantly when I felt pain around the sides of my knee joint that it was time to stop running and rest from all activities that cause pain in those areas. So I quickly bid adieu to the treadmill, playing basketball and walking up and down thirteen flight of stairs (I live on the 13th floor). This type of knee injury is known as Iliotibial band syndrome or runner's knee syndrome. Call it what you want ... in such an instance, I would advise you to pick up the nearest phone and call your doctor for a medical appointment so that you can get a referral.

I use the University of Ottawa Sports Medicine and Physiotherapy Centre as it meets all my physio and sports related medical needs. The initial assessment usually costs \$70.00 and subsequent visits are \$45.00. For my knee injury, the staff applied electrodes, which acted as the equivalent of heat therapy to my gimpy knee, and had me doing mini squats among numerous other knee strengthening exercises.

The staff consists primarily of University of Ottawa students specializing in Human Kinetics studies. They are all competent, and are usually both friendly and helpful. You can call the Sports Medicine and Physiotherapy Centre at (613) 562-5970 to make an appointment.

University of Ottawa Sports Medicine & Physiotherapy Centre
(613) 562 5970

Stretching Relieves 'IT'

Contributed by: Shawn

One of the most common injuries runners experience is to the Iliotibial Band, or IT band. This injury manifests itself in the knee, usually on the outside of the leg. It is caused by overpronation, an increase in running volume or speed, or a weakness in core body strength in the pelvic area.

One of the ways runners can avoid this injury is to stretch the hip flexor muscles very well before and after running. IT band injuries are not a problem in the knee. It is generally caused from a weakness above the knee.

If you encounter this problem, a stretching program helps. You should also make sure your shoes are not too old. IT band issues often disappear shortly after you put on new shoes.

If the issue persists, massage therapy can be very helpful. For many, ART (active release technique) massage therapy gives the most immediate results. You might also want to visit a chiropractor. If your alignment is off at the pelvis/hip area, it can affect your IT bands.

Healthy running takes work. It is worthwhile to do a little research on the best stretches before and after a run. Also, runners should increase their distance and their speed moderately.

Reflections on the NCM... (cont'd from pg 6)

Contributed by: José

Once they were all safely off, we headed over to watch the marathoners cross the finish line; some were in agony, while others had a healthy glow! I managed to find Brian R. and Shawn in the recovery area and congratulated them on a well-run race. I couldn't watch any of the half-marathoners finish, as I had to make it home to prepare for the post-marathon barbie.

By 1:30 pm and with a little help from Rob, Roland, and Bill, the party room and barbie area was ready to receive the runners! The first runner arrived shortly after 2:30 pm, just as the first round of burgers were being taken off the barbies. By 3:00 pm, more guests arrived, carrying home-made pies, pasta salads, fruit salads, condiments, juices, Perrier, wine, beer, mixed drinks, etc. I was in the zone... flipping 48 hamburgers and 8 veggie burgers in quick succession. As David M. said, "leave José alone...he is cooking up a storm and being a typical Pisces." LOL

By 5:30 pm, people were starting to fade and the adrenaline was starting to wear off! One by one the guests started to bid their adieus! What a way to end an amazing weekend...with "family"!

Capital Race Weekend: **The BBQ**, Sunday, 29 May

Photos Contributed by: José, Pu, Eric





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Past Events

Sunday, 19 June, 2005

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The 2 km, 5 km & 10 km events began Sunday morning, at Carleton University's Anniversary Park. The course routes followed Colonel By Drive, overlooking the Rideau Canal.

Friday, 1 July, 2005

HBC Run For Canada, Ottawa

The 10 km race began at 7:30 am, following a scenic course by Parliament Hill, and crossing into Gatineau.

Friday, Saturday, 27-28 August, 2005

Pride Weekend, Ottawa

To cap off a great weekend of festivities, on Sunday morning OFR members carried a new banner in the annual parade, and later presented club info to potential new members at a community booth on the grounds of City Hall.

Sunday, 2 October, 2005

CIBC Run for the Cure, Ottawa

Once again this year, José, (Team Captain), and other OFR members ran as a team for this 5km event, raising funds for breast cancer research.

Other GLBT Organizations

Rideau Speedeaus

Ottawa's GLBT swim team. They practice several times per week and participate in competitions and hold an annual tournament and dance. Several members of Ottawa Frontrunners cross train with the Speedeaus.

More Information: www.rideauspeedeaus.com

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TimeOut Hiking

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More Information: Contact Pu, or www.timeouthikingottawa.ca

Upcoming Events

Sunday, 16 October, 2005

The Toronto Marathon, Half Marathon, 5km & Relay

This annual event has generated more than \$4 million for research and care at Princess Margaret Hospital; MS; Leukemia; POGO; and the Toronto Foundation for Student Success. Participants can qualify for the Boston Marathon and other accredited international marathons. Online registration from 10 September until Race Day is: \$90 (full marathon); \$70 (half marathon); \$35 (5km); and \$600 (Honda Relay).

More Information: www.torontomarathon.com

Saturday, 5 November, 2005

The 6th Annual Cookie Run, Ottawa

This annual event supports the Girl Guides of Canada. Registration for the 5km and 10km events is \$15 for adults, (until 24 October); \$20 (from 25 October-4 November); and \$25 on Race Day. Races begin at 10am, at Carson Grove Public School & National Research Council, (Montreal Road Campus).

More Information & Online Registration: www.events.runningroom.com/site/?raceld=1873

Saturday, 3 December, 2005

Santa Shuffle, Ottawa

This annual event supports the Salvation Army's Christmas Appeal. The 5km run begins at the Dows Lake Arboretum at 10am. Registration for the event before 1 November is: \$15/person; \$40/family (max 6 people); and \$100/corporate team (max 10 people). After 1 November, the fee is: \$20/person; \$50/family; and \$125/corporate team.

More Information: Merivale Road Running Room (613) 228 3100.

Online Registration: www.events.runningroom.com

Saturday, 31 December, 2005

Resolution Run & Walk, Ottawa

Now entering its 21st year, this annual run begins this year at Colonel By Drive & Pretoria Bridge. Registration for the 5km run/walk and 10km run is: \$40 (before 1 December); \$45 (1-26 December); and \$50 (27-31 December).

More Information: Ottawa Running Room (613) 233 5617.

Online Registration: www.events.runningroom.com

Pride Weekend: Parading Our New Banner!, Sunday 28 August

Photos Contributed by: José.



Pride Weekend: Chillin' at City Hall, Sunday 28 August

Photos Contributed by: José.



Pronation Explained

Source: runnersworld.com

Understanding your personal pronation type is crucial to choosing the proper running shoes. If you have a normal arch, you're likely a normal pronator, meaning you'll do best in a stability shoe that offers moderate pronation control. Runners with flat feet normally overpronate, so they do well in a motion-control shoe that controls pronation. High-arched runners typically underpronate, so they do best in a neutral-cushioned shoe that encourages a more natural foot motion.

Normal Pronation

The outside part of the heel makes initial contact with the ground. The foot "rolls" inward about five percent, comes in complete contact with the ground, and can support your body weight without any problem. The rolling

in of the foot optimally distributes the forces of impact. This movement is called "pronation," and it's critical to proper shock absorption. At the end of the gait cycle, you push off evenly from the front of the foot.

Overpronation

As with the "normal pronation" sequence, the outside of the heel makes the initial ground contact. However, the foot rolls inward more than the ideal five percent, which is called "overpronation." This means the foot and ankle have problems stabilizing the body, and shock isn't absorbed as efficiently. At the end of the gait cycle, the front of the foot pushes off the ground using mainly the big toe and second toe, which then must do all the work.

Underpronation

Again, the outside of the heel makes initial contact with the ground. But the inward movement of the foot occurs at less than four percent (i.e., there is less rolling in than for those with normal or flat feet). Consequently, forces of impact are concentrated on a smaller area of the foot (the outside part), and are not distributed as efficiently. In the push-off phase, most of the work is done by the smaller toes on the outside of the foot.



Normal Pronation

Overpronation

Underpronation

Off and Running...

To accompany the images (shown opposite) from the OFR Photo Album, we've asked Shawn to describe OFR's early days, including the people and guiding principles that helped the club grow.

The latest incarnation of Ottawa Frontrunners (OFR) made its humble debut on a frigid January day in 2003 when four or five brave souls gathered for the first group run.

The idea to form a running a group came to me when I traveled to Sydney, Australia in November 2002 to participate in the Gay Games marathon event. Thrown together with a group of other running and track athletes from Ottawa, I realized I didn't really know anyone except for one or two people who had been part of a previous OFR group that existed in the mid- to late-1990s. When I asked my new acquaintances if they would consider running as a club when we returned to Ottawa, they were enthusiastic. I figured it would be good for me and maybe good for the community, too.

It's easy to forget how cold Ottawa is in winter when you're enjoying summer conditions down under. I wasn't sure how keen the group would still be when we got back to Ottawa. But when that first email reminder went out, the folks who said they'd join kept their word.

Since those early days, the group has grown beyond what anyone could have imagined. Today, we have a strong base of runners of all ages and fitness levels. We're also established well enough now to have participated in this year's Pride celebrations – a testament to how far we've come as a club. It's a real pleasure to see Ottawa Frontrunners take a confident place in the community.

My own small contribution in the first couple of years was pretty simple. I tried to build awareness in the community by marketing the group in local newspapers and Web sites. I also wanted to meet a couple of basic objectives: to make sure runners started and finished together; and, to make sure nobody ran alone. If I didn't do one other thing, I figured those things alone would keep the group together.

OFR has been a joint effort since day one. There have been a lot of capable hands nurturing the club. In the first year, everyone was involved in some small way. José organized us to participate in charity races and other activities. Other folks had good ideas about where to meet, where to eat breakfast on Saturday morning (that's important!), and how to keep us together. Most importantly, runners stuck with us by coming back week after week.

Today, Ottawa Frontrunners is part of the International Frontrunners organization. I believe we represent them well here in Canada's capital. And I believe we are a welcome and welcoming club for our community.

Run for the Cure

October 2003, 2004

An excerpt from the OFR Photo Album.

2003



2004



Santa Shuffle

December, 2003

An excerpt from the OFR Photo Album.



Run for the Cure, October 2005

This year, Bill, Eldred, Hugh, Jose, and Peter raised over \$800 for Breast Cancer Research - way to go guys!





»ottawa frontrunners.org

Ottawa Frontrunners welcomes runners (gay, lesbian, transgendered, & their friends) of all ages and abilities.

Meet for a Fun Run at Ottawa City Hall, Lisgar Street entrance: Tuesday evenings, 6:30 pm; Saturday mornings, 9:00 am.

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Message from the Co-chair

As 2005 closes, I would like to reflect on the tremendous growth our club has undergone over the year. It has been exciting to work with you all and to see the willingness of people to come together to form a community that is based on common interest and mutual respect. We have taken on a number of new activities that were quite successful, because of the contribution of time and of energy that many of our members were willing to make.

It became apparent this year that Ottawa Frontrunners was now a full-fledged association that required more structure than in the past. We designated two Co-chairs and a Finance officer, adopted a constitution, and began tracking revenues and expenses. The group desired the smallest amount of structure possible to achieve our goals, but it has enabled us to take on group activities that we could not have done in the past.

One of the most visible, new activities for us was the Ottawa Pride celebration. Not only did we march in the parade with a banner announcing us to the entire city, but we staffed a table at the information fair and provided volunteers to help the Pride committee with setup. Behind the scenes, we prepared brochures, business cards, and a new Web site so that people could find out about us easily.

We have also participated as a group in a number of races this year. We had a great turnout for the National Capital Race weekend (as well as contributing volunteer labour), and also ran as a group in the RBC Run for Reach, CIBC Run for the Cure, Rattle Me Bones, and Santa Shuffle. The highlight and central focus, however, are our twice-weekly runs. At our peak in the summer, we regularly had more than 25 people come to run together, and our membership roll has grown to more than 80 people.

Every club evolves a collective identity, and I have been happy to observe that ours is consistently welcoming and congenial. More than any of our other successes, I think that this is our best; it is the reason that people keep coming back and why they are proud to be a member of this club. This is the reason why we will continue to grow and strengthen.

Building on the success of 2005, we have even more opportunities to showcase our club in 2006. Here are a few of the new things that I hope to see us take on in the upcoming year:

- Expand our support for running by including speed, distance, and beginner activities
- Attract a larger proportion of women runners



- Solidify some of our organizational structures to allow for greater member voice
- Increase our visibility in the Ottawa GLBT community
- Improve our communication to Francophone members

Thank you all for your participation in this great group!

Michael

Tips for winter running!

By Shawn Murphy

Here is a list of the top 10 “do”s and “don’t”s if you plan to run outside this winter:

10. If the temperature is extremely low, the wind chill is extremely high, or it is snowing too hard, stay home! You will find that in any given winter in Ottawa, there are about 10 days when you just should not be out running.
9. When you run on snow or ice (i.e., from December to April), shorten your stride. This will help you to keep your balance when running on either surface.
8. Dress in layers. Wear synthetic fabrics that wick away moisture so that you do not get chilled.
7. Make sure your extremities are covered. It is a myth that most of your body heat escapes through your head, but you can freeze your ears easily if you are not wearing headgear. On the worst days, a balaclava comes in handy, too (especially for the occasional bank withdrawals). Of course, gloves are a must (unless you are Michael, that is!).
6. On the cold days, cover the exposed parts of your face with Vaseline or some other kind of heavy moisturizer (I use shea butter). Winter is a killer on the skin.
5. Run with a friend (or with OFR). Winter days are short. It is hard to stay motivated when you are running in the dark and in the cold, which is likely to be often if you are training for a spring marathon or some other spring race. If you have a friend along for the run, it will be easier. Misery loves company!

Tips for winter running!

(continued from p. 2)

4. Make sure you wear reflective gear for nighttime running. Winter conditions make it tougher for cars to stop, and visibility can be poor at night, especially when it is snowing. You cannot be too careful!
3. Try switching your regular after-work runs to lunch-time runs, if you can. Running in winter during daylight hours can be as enjoyable as summer running.
2. Set aside your running shoes once in a while and replace them with skis or skates. The cross-training will do you good, and winter will not seem quite so long.
1. Most of all, have fun!

A near myth: a marathoner's journey into the world of unknowns

By Bill Bridel

There are well-known myths from ancient Greece, e.g., Heracles and the 12 labours; Jason and his group of Argonauts hunting the Golden Fleece; Perseus and his quest for the head of Medusa. Then, there are lesser-known myths, e.g., the myth of the common man (or common marathoner as the case may be.) They are not that far apart. Like the heroes and heroines of another time, the myth of the common man is a tale of inner courage and the confrontation of incredible obstacles (both metaphysical and physical); it is a tale not free of blood, sweat, and tears. It parallels not only the travails of those alpha-male heroes of yesteryear, but also more contemporary figures like Lara Croft, Rudy, Seabiscuit, and mere "mortals" like Frank Shorter, Paula Radcliffe, and Shawn Murphy.

My own quest begins in that dark time with which most marathoners are familiar — the post season. With more time on my hands than I could recall (although, undoubtedly, I had the same amount of time last year), I began to search for new goals to conquer. Without personal bests, speed workouts, and Lycra® running shorts, how else would I be able to stimulate my senses? Without the regular rigorous training and racing schedule, what more did I have to offer the world? I pondered this while sipping a latté at Bridgehead. Then, as if the Oracles of Delphi themselves had communicated through the steam rising from the mug, it came to me

I was to bake cookies!

Past events

Rattle Me Bones, 5 km run

Sunday, 23 October 2005, General Campus of the Ottawa Hospital. Thanks to Peter for organizing this event.



A near myth: a marathoner's journey into the world of unknowns (continued from p. 3)

Now, I am not a baker. I look forward to spending time in the kitchen about as much as one looks forward to leg cramps, black toenails, or a showdown with a woman who has snakes for hair and can turn men to stone. But, as legend would have it, Jason was not exactly Greek-hero material, and he made out okay. As such, I became determined. These cookies would become my Nemean Lion, my Golden Fleece — proud mementoes of a time when I leapt out of my comfort zone, to be enjoyed while partaking in another equally as subversive post-season pastime — *Desperate Housewives*.

So, the quest began. There was no boat, no great ascension from heaven to earth, merely a quick trip to the grocery store by way of foot for the acquisition of what I understood to be essential in the baking of cookies. And not just any cookies, I had decided. If this was to be my transition from marathoning to Iron-chef, then they had to be Christmas cookies. Well stocked and totally prepared (with a bottle of wine for good measure), I returned to the sanctity of my home, knowing that this would be the last time I would cross the threshold as the man I knew.

I faced my first task with great vim and vigour, my chest puffed out in confidence and defiance. Flour flew, sugar shook, and eggs were beaten with a ferocity never before witnessed. Quite simply, I was on fire and had conquered the early goings. But like the Hydra of Heracles' second labor, there was yet something more fierce, more unknown to me than anything before. What in the f**k is "folding"? I let forth a stream of profanity that would make *American Wedding* seem like a Disney movie. Surely Heracles had also encountered such problems on his quests? Not to be denied, I plunged on certain that a good "stir" would suffice. I stirred, I tossed, I added, I pinched, and, perhaps most importantly, I drank. Finally, I kneaded, I rolled, I spread, and I shaped. Santa shapes, snowmen shapes, holly (or is it ivy?), circles, squares, and even one that looks just a little like Hercules. And then, I baked. Twenty minutes later the bell rang, signaling my victory. I leapt from the couch, empty wine glass in hand, and raced to the kitchen (I am, after all, a marathoner) to reap the rewards of my labour.

I inhaled deeply as I opened the oven door and there, like Perseus with Medusa's head, Heracles and the Nemean Lion, Paula Radcliffe's world record, and Shawn Murphy's recent (and most impressive 3:19 marathon), there were these cookies meant to remind me of my conquest. Unfortunately, they served more to remind me of my post-marathon blackened toes. And

Past events (continued from p. 3)

Santa Shuffle, 5 km fun run

Saturday, 3 December 2005, Arboretum at Dows Lake. Twelve elves braved the cold weather this year (one elf was in warm Vancouver, but was missed)!



with heavy heart, I turned from the stove and opened another receptacle for food and tossed my labours away.

When does marathon season begin again?

Past events (continued from p. 4)



Upcoming events

Running events

- **Resolution Run and Walk**
31 December 2005 at 6:30 pm; Colonel By Drive at the Pretoria Bridge; fees: \$45.00 (up to 26 December) and \$50.00 (27–31 December); <http://www.events.runningroom.com/site/?racelid=1716>
- **Hypothermic half-marathon run and walk**
29 January 2006 at 7:00 am (walkers) and 8:00 am (runners); limited to 300 participants; fees: \$50.00 (before 1 January) and \$60.00 (1–28 January); <http://www.events.runningroom.com/site/?racelid=1963>
- **National Capital Race weekend**
26–28 May 2006; 5 and 10 km races on 27 May and half-marathon and marathon on 28 May; fees: \$15.00 (5 km), \$25.00 (10 km), \$40 (half), \$75 (full) before 15 February (see Web site for other pricing); <http://www.events.runningroom.com/site/?racelid=1822>

Community events

- **New Year's Eve fundraiser for Pride Committee of Ottawa–Gatineau and Ten Oaks Project**
31 December 2005; details available at the following Web sites:
<http://www.prideottawa.com/index.php?setlang=en>
<http://www.tenoaksproject.org/events.htm>
- **Rideau Speedeaus Swimmers in Heat**
17–19 February 2006; volunteers are needed; dance tickets \$30.00 on 18 February at Barrymores Night Club; more information available at
<http://rideauspeedeaus.com/sih-2006/index-e.html#a>
- **Lesbian and Gay Expo**
Date to be announced (usually last weekend in April); Jack Purcell Community Centre

Gay Games and World Outgames

- **Gay Games VII, Chicago**
15–22 July 2006; more information available at
<http://www.gaygameschicago.org/home.php>
- **Running Moose Squad will be hosting an informal 10 mile (16.09 km) hike or run from the Petroglyphs to the High Falls near Peterborough**
26 July 2006; contact Dave (sunshyne@nexicom.net)
- **First World Outgames, Montréal**
29 July – 5 August 2006; 20 OFR members have already registered; for more information contact José (jmperez@sympatico.ca) or visit <http://www.montreal2006.org/home.html>
- **International Frontrunners gathering at First World Outgames, Montréal**
30 July 2006; Le Club Sandwich at 1578, rue Sainte-Catherine Est; 4:00–7:00 pm; 20 tickets have already been reserved for OFR members going to the Outgames; for more tickets contact José (jmperez@sympatico.ca)

From the Editor

As always, your comments and contributions make this newsletter. Send them to José at jmperez@sympatico.ca.



Ottawa Frontrunners supports the Gay & Lesbian International Sport Association (www.galisa.org).

Ottawa Frontrunners is affiliated with the International Frontrunners (www.frontrunners.org).