



» **ottawa** **frontrunners.org**

Ottawa Frontrunners welcomes runners and walkers (gay, lesbian, bisexual, transgendered, queer, and 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.

This newsletter is published quarterly | Volume 5, issue 1 | Spring 2008

## Getting into the Groove!

*Contributed by Suman Bhattacharyya*



Well, after coming out of one of the snowiest winters on record in the National Capital Region, runners are finally flocking to the trails and paths of our city.

Despite the longer than usual winter, dedicated runners continued to turn up for our weekly runs and even participated in a good number of winter races. Our club celebrated an important milestone this year: its fifth anniversary. This was marked by a very successful fundraising potluck and raffle that raised just under \$400 for the club, which will be used to cover the costs associated with the Web site, membership in the International Frontrunners organization, participation fees associated with the Lesbian and Gay Expo and Ottawa Pride, not to mention future advertisements in Capital Xtra, university and college newspapers, and a francophone monthly.

The spring season will play host to our flagship event, the National Capital Marathon race weekend, taking place on 24 and 25 May. We encourage you to take part in the activities, and to participate in our annual Frontrunners party that will take place on the evening of 25 May at José's place.

Finally, the 2008 Annual General Meeting will take place on 31 May. We encourage you to come out and express your views on the direction of the club, make suggestions about new activities that might be of interest to members, and to get involved.

See you out running!



## Wanted!

*Contributed by Wendy Rose*



When I am out with Ottawa Frontrunners for a run along the Rideau Canal, when I am biking along the Ottawa River Parkway, or when I am driving through the streets of Ottawa, I pass a good number of women running. Sometimes these women are on their own, in pairs, or in groups (maybe from the Running

Room?), and I often ask myself, "Are all these women straight?" Surely, I am not the only gay woman in this fair city of ours!

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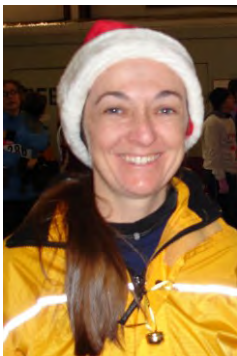
(Continued from page 2)

Do running gay and bisexual women not want to be part of a GLBT running group? Is it because Ottawa Frontrunners is predominantly male, do women feel that they are not physically fit enough, or do they feel that they are not made welcome?

I have been part of the Ottawa Frontrunners for 3 years now, and in that time the group has made itself very visible and attempted to reach out to women in the community. However, we still continue to have very few active women members.

I am proud to be a member of such a diverse, interesting, caring, supportive, and motivating group! The group is very welcoming to all new members.

It is my hope that more women would consider participating and becoming members of Ottawa Frontrunners! So, no matter what your level of fitness (walker to marathon runner), I think you are missing out by not being a part of our club. Why not give us a try?





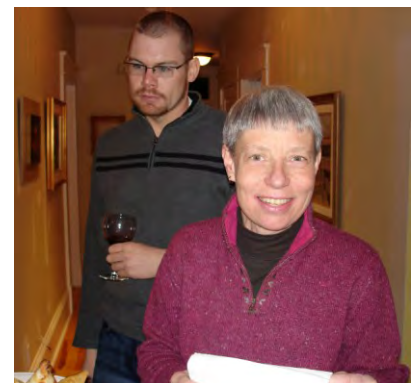
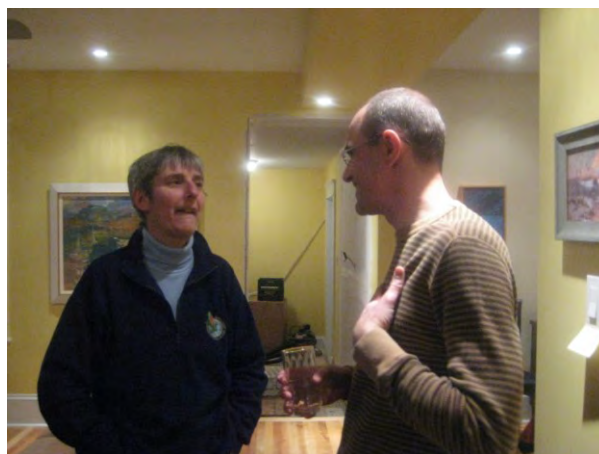
# Fifth anniversary!

*Contributed by José Mari Perez*

A big thank you to Richard for hosting our fifth anniversary celebrations, as well as to those who contributed food items towards the potluck! A big thank you as well to those who donated items that were raffled off.

Through people's generosity, we raised just under \$400.00 for the club. The funds will go towards operational costs, which include our membership to the International Frontrunners organization and our Web site service.

Happy running!



# Web Site Update

Contributed by Michael Cooper



We recently made some changes to our Web site, changing service providers, and introducing group e-mail lists. It seemed like a good time to update the members about how the site supports our organization. Since there is a cost for all this (ours costs around \$150 per year), people should know what they are getting out of


it. Community Web sites like ours are not always used regularly by members, and may function mainly as ways **to announce the club's activities to the world. However,** the site can be a valuable internal support to the group as well.


Since our site was first published in March 2005, it has grown to about 150 pages and over 400 pictures. That all adds up to 40 Mb, which (if you are not a techie) is a lot of content! We receive around 30 visits per day (that is 1000 per month), which is quite a lot for an organization our size. Many people find us on other sites that link to

us, but the majority come to us from search engines. Most of the search engine hits are actually people looking for events that we are involved in, not specifically looking for a GLBTQ running club, which is an interesting kind of external visibility for us to have. But people are looking for us; we get a few new members every month, and nearly all of them say they found out about us on the Web.

The Web site is set up as a bilingual site, although at this time only 10 pages have French versions. The bilingualism is invisible — if your browser is set up for it, you automatically receive content in your preferred language (if available). Somebody viewing English content should be able to copy a URL, e-mail it to a francophone friend, and that person will automatically see French content. When we get more of our content translated, this feature will really show off our language diversity.

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» ottawafontrunners



## Ottawa Frontrunners

Ottawa Frontrunners is a running club for members of the Gay, Lesbian, Bisexual, and Transgendered (GLBT) community and friends. Located in Ottawa, Ontario, it is Canada's national capital chapter of [International Frontrunners](#). We have runners of various ages and skill levels and typically have groups going between 5 and 10 km (3 and 6 miles) at various paces. Walkers are also members of the club, consisting usually of runners on the injury list and partners or friends of runners.

Runs are held Tuesday evenings at 6:30 pm, followed by coffee, and Saturday mornings at 9:00 am, followed by breakfast. We meet at the Lisgar Street entrance of City Hall, [111 Lisgar](#), and usually run along the Rideau Canal, though alternate routes take us to the Ottawa river and often across into Gatineau, Quebec. Runs take place in all types of weather, from -35 °C in the winter to +35 °C in the summer (-30 °F to +95 °F, respectively), rain, sun, or snow.

For more information about Ottawa Frontrunners, including joining or out-of-town guests, please visit our [about page](#). If you would like to join OFR, just show up to one of our runs or e-mail us at [ofr@ottawafontrunners.org](mailto:ofr@ottawafontrunners.org).

**Scheduled Runs**  
All runs begin at City Hall.

- Tuesday, June 3 at 6:30 pm
- Saturday, June 7 at 9:00 am

[Current weather](#)  
[Tips for summer running](#)

**Features**  
OFR invites members to [submit](#) to our [profiles](#) page.

[Home](#)  
[About](#)  
[Schedule & Routes](#)  
[Executive Committee](#)  
[Constitution](#)  
[Media](#)  
[Related organizations](#)  
[Events](#)  
[Newsletter](#)  
[Member profiles](#)  
[Photo Album](#)  
[Version Française](#)  
[Help](#)

  
» ottawafontrunners



## Frontrunners d'Ottawa

Les Frontrunners d'Ottawa est un club de course pour les membres de la communauté gai, lesbienne, bissexuelle et transgenre (GLBT) et leurs amis. Ils sont situés à Ottawa, Ontario et font partie du chapitre de la capitale nationale du Canada situé au lien d'[International Frontrunners \(anglais seulement\)](#). Nous avons des joggers de tout ages et de tout les niveaux. Habituellement, nous visons pour une course de 5 à 10 km (3 à 6 milles) à des cadences variées. Nous avons aussi un groupe de marcheurs faisant parti du club. Ces marcheurs sont habituellement des coureurs blessés, des partenaires de coureurs ou des amis.

Les courses ont lieu tout les mardis en soirée à 18:30 et tout les samedis à 09:00 du matin. Les mardis, nous allons prendre un café ensemble après notre course et les samedis, nous allons déjeuner ensemble. Le groupe se rencontre au [111 rue Lisgar](#), à l'entrée de l'Hotel de ville d'Ottawa. Nous suivons le canal Rideau et parfois nous parcourons le long de la rivière d'Ottawa et nous traversons à Gatineau, Québec. Nous courons à l'année longue, beau temps mauvais temps. Les températures peuvent descendre jusqu'à -35 °C en hivers et peuvent monter jusqu'à +35 °C en été.

Pour de plus amples informations sur ce club, visitez la page [À propos de](#). Les visiteurs ainsi que nos future membres y sont la bienvenue. Si vous voulez vous joindre à FRO, venez nous voir au lieu de rencontre avant la course ou lancez nous un courriel à [ofr@ottawafontrunners.org](mailto:ofr@ottawafontrunners.org).

**Programme de jogging**  
Toutes les courses commencent à l'Édifice de la Ville d'Ottawa.

- mardi, le 3 juin à 18:30
- samedi, le 7 juin à 09:00

[Température actuelle](#)

[Accueil](#)  
[À propos de](#)  
[Programme et Routes](#)  
[Executive Committee](#)  
[Constitution](#)  
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[English Version](#)  
[Help](#)



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Besides general information about the club oriented to prospective members, we post information about our upcoming activities and archives of our newsletters. The newsletters are by far the majority of our content, but there are lots of other stuff too. For instance, every page shows the next two runs, with links to the weather forecast and seasonal running tips, as well as any other events coming up in the next month. Each page also has a random image showing sights in Ottawa that one might see on our runs, which link to more information to help people get to know Ottawa. We show maps and descriptions of our common running routes. We also have a section for member profiles to showcase our members.

The mailing lists are another important new feature, not exactly of the Web site, but an Internet service associated with it. Anybody who is registered on our member list can send messages to that address, and contact the entire group. The Executive Committee uses that for announcements as well. There is an upcoming-race list for people who are particularly interested in participating with Ottawa Frontrunners in various races. We can set up other lists if there is interest.

As you see, there is a lot you can do on the site. But there is room for improvement! One thing I would like to do is get a brief profile and photo for all of our members

**Executive Committee**

The Executive committee of Ottawa Frontrunners manages communication with the members, organizes club participation in races and other activities, liaises with community organizations such as [International Frontrunners](#) and local GLBTQ sport clubs, and runs the business aspect of the growing club. More information about the [role of the executive](#) is available in the constitution. If you have any questions, concerns, or ideas, please approach any member of the Executive committee.

The officers of the Executive committee are:

Co-chair: [Wendy Rose](#)

Co-chair: [José M. Perez](#)

Financial officer: [Peter Cho-Wing](#)

Members-at-large on the Executive committee include:

Race Coordinator: [Andy Neilson](#)

Outreach Coordinator: [Terry Godbold](#)

Translation Coordinator: [Gilles Lafleur](#)

Webmaster: [Michael Cooper](#)

Newsletter editor: [José M. Perez](#)

**Scheduled Runs**

All runs begin at [City Hall](#).

- Saturday, June 7 at 9:00 am
- Tuesday, June 10 at 6:30 pm

[Current weather](#)  
[Tips for summer running](#)

**Features**

OFR invites members to [submit](#) to our [profiles](#) page.

[Off and running...](#) Shawn Murphy writes about how the Ottawa Frontrunners was formed.

**Neighbors**

Visit other Frontrunner clubs when you travel!

- [Front Runners Montreal](#)
- [FrontRunners Toronto](#)
- [Other clubs worldwide](#)

**Member profiles**

Ottawa Frontrunners attracts a wide range of people from the Ottawa community. Some of our members have graciously agreed to allow us to post profiles to showcase the club and help new members get to know people better.

- [Suman Bhattecharyya](#)
- [Peter Cho-Wing](#)
- [Michael Cooper](#)
- [Shawn Murphy](#)
- [José Mari Perez](#)
- [Wendy Rose](#)

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(unless you really do not want to, of course). Showcasing the diversity of our members is the best advertisement that a club like ours could have! The profiles section is also a really useful resource for new members who have lots of names to learn!

There are other ways you can help too. If you are bilingual and are willing to translate some pages, contact our Translation Coordinator. If you run other routes than our usual ones, map them for us — we will even post GPS data if you have one of those toys! If you have advice about running, or a training plan for a particular race, submit them as a newsletter article or Web feature! If you take a great Ottawa photo, submit it as one of our

city views! And of course, if you just have plans that you think might interest the members of the club, send an e-mail to our member list!

Community Web sites can be really valuable resources and are more than just marketing vehicles. There are many more ways in which the site could support our club. However, it does take member involvement to make those things work. If you would like to see more interesting features, get in touch with me and let us talk! A Web site is certainly only peripheral to a club's core focus, but I do believe a strong Web site helps make a strong organization.

The screenshot shows the 'Schedule and Routes' page of the Ottawa Frontrunners website. At the top is a banner with many small photos of members. The left sidebar contains a navigation menu with links: Home, About, Schedule & Routes, Executive Committee, Constitution, Media, Related organizations, Events, Newsletter, Member profiles, and Photo Album. Below the menu is a 'Version Française' link and a 'Help' link. The main content area is titled 'Schedule and Routes' and includes a 'Run Schedule' section with details about run times and locations, a 'Routes' section with a description of the 'Canal Ritz' route, and a map of the route. On the right side, there are two boxes: 'Scheduled Runs' listing specific dates and times, and 'Features' with information about the website's purpose and a link to 'Neighbors'.

The screenshot shows the 'Community' page of the Ottawa Frontrunners website. It features the same banner and sidebar as the previous page. The main content area is titled 'Community' and includes sections for 'International organizations' (listing IFR, GLISA, and Federation of Gay Games), 'Ottawa GLBT sport organizations' (listing Rideau Speedeaus, Gay Ottawa Volleyball, Ottawa Rainbow Rockers, and OGGHA), and 'Time Out / Temps Libre'. The right sidebar contains 'Scheduled Runs', 'Features', and 'Neighbors' sections. The 'Neighbors' section lists other clubs and a link to 'worldwide'.



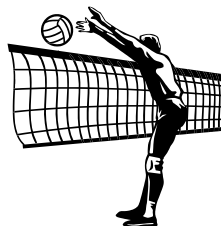
# Lesbian and Gay Expo!

*Contributed by José Mari Perez*



Thank you to Terry for organizing the group and the volunteers who staffed the table at the Expo! Many people stopped by the table to find out more about our club, and a couple of people have joined us for our weekly runs since the Expo.

We also have members swimming with the Rideau Speedeaus, curling with the Rainbow Rockers Curling League, playing volleyball with Gay Ottawa Volleyball, and have friends in other sporting clubs like the Gay Hockey League.





## Member profiles



Andy has been running for about 3 years now. He started running as a way to lose weight and generally improve his fitness level, but now he runs because it is fun. He is a regular at the Saturday morning runs, and tries to get to the Tuesday runs whenever possible.

Andy is always happy when runners show up looking to set a challenging pace, or want to go for a longer run — but not so long that he misses breakfast with the group! He has been known to run downtown from his home in the west end before joining the rest of the Frontrunners **for a run. Andy's favourite distance is the half-marathon**, but runs other distances as well.

Andy is the Race Coordinator for Ottawa Frontrunners, and looks forward to supporting your race goals, whether that is a personal best time or just participating in a race for the first time. To assist his fellow runners with their goals for the National Capital Marathon race weekend, Andy started a Thursday night group this spring to run drills, hills, and speed workouts, which was quite successful.

With all the extra energy he has gained from running, Andy swims regularly with the Rideau Speedeaus.

One of the core runners of the club, Andy rarely misses a Saturday morning run, unless he is running in a race somewhere in the city!



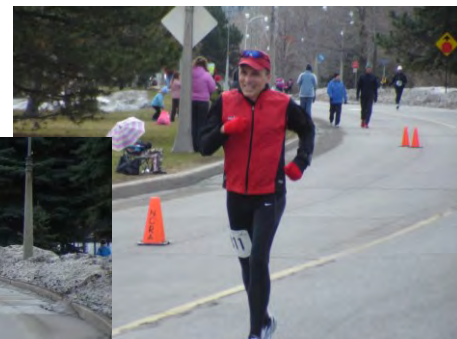
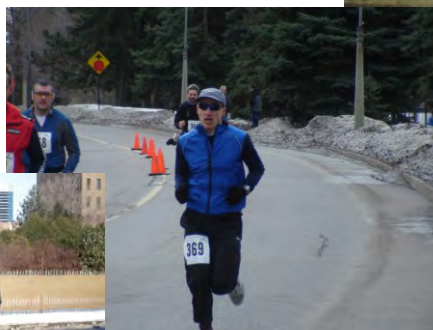
Richard has been running for 15 years, first solo, then with the Toronto Front Runners, and now with Ottawa Front-runners. I am very grateful to the Frontrunners.

A few years ago I moved from Ottawa to Toronto. It was initially a difficult transition because I knew very few people in Toronto. I solved the problem when I joined the local swim team, the water polo team, and the Toronto chapter of the Front Runners. Not only did I become reasonably fit, but I also found friendly company to spend time with any day of the week. This of course lead to social connections outside the sports environment, which in turn made the whole Toronto experience one of the most exciting periods in my life.

When I moved back to Ottawa, the first thing I did was join Frontrunners and the Rideau Speedeaus. Once again this has lead to a network of new and interesting friends, which has greatly enriched my Ottawa life. I have learned that it is important, whatever stage you are at, to regularly meet new people and bring them into your life. Joining a sports team like the Frontrunners is a great way to do just that, with the added side benefit of having a motivational force to keep your fitness program on track.

Richard always has a smile even in the coldest and darkest of February evenings when only the die-hard runners venture out!

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Terry is the Social Coordinator for Ottawa Frontrunners. He did not take up running until the fall of 2005, but now enjoys running 5 km, 10 km, and half-marathon races. He is also known to dabble in a marathon or two.

Besides running, he is also an avid swimmer, swimming regularly with the Rideau Speedeaus, and a hiker, joining the Time-Out Hiking Ottawa group on several hikes throughout the year.

Living in the west end of Ottawa, Terry felt that he wanted to connect more with our community, and that Ottawa Frontrunners might be the way to do it. He decided to show up one Saturday morning at City Hall, and has been very glad of that decision ever since!

## Catch me if you can!

*Contributed by Andy Neilson*



Now that the pathways are melted and we have some races coming up, it is time to think about shifting training into a higher gear! Several people have suggested that we get a regular speed-work session going during the week. You may already be doing some speed work as part of your training program and just are looking for some

people to train with. If you have not been doing speed work, or are not sure what it is all about, I encourage you to give it a try even if you are not training for a race.

There are all sorts of physiological reasons why this is a good thing, which I do not even pretend to understand. What you really need to know is that we do speed work to learn to run faster. Our bodies can do a pretty good job of figuring out an efficient way to run at whatever pace you are running, and this learning process just happens whether we are aware of it or not. The problem is that as we get comfortable and efficient at one pace, we also get into a bit of a rut and end up running the same pace all the time. When we try to run faster (like on race day), our running is not as efficient at the faster pace, and the running is that much more difficult.

The answer is to do some running at a faster pace to give your body a chance to learn how to run efficiently at that faster pace. The problem is that it is harder to run at a

Terry would like to encourage more people to take that first step and show up to one of our runs, confident that they will receive a warm welcome, as well as have a positive experience.

As Social Coordinator, Terry organized our participation in the Lesbian and Gay Expo this spring, as well as coordinating the club's anniversary celebration and fundraising event back in January.

Terry's enthusiasm is infectious even in the wettest of April mornings!



faster than usual pace for a long time. We do not want people passing out or getting injured, so speed workouts are designed to get you to run faster than your usual pace — but for short periods of time. Some workouts are structured, and some are more like games.

I do not really have a fixed plan in mind, but I am thinking of setting up a regular session and trying some different workouts. The idea is that I will plan on coming with a suggested workout, but we can always play it by ear. Adding a workout on Thursday evening is one possibility that has been suggested. Let me know if there is a particular day that works for you, or if there is a particular kind of workout you would like to see us do.

**PS...if you cannot join us for a speed workout, but still want to get it into gear for the upcoming races, here is a simple addition to an existing workout that can get you moving faster.** Divide your run into three approximately equal segments. Run the first and third segments at your current (moderate) pace. For the middle segment, speed up your pace to the pace you plan to run your race. This gives your body a chance to learn to run at race pace, and gives you the confidence that you can actually run at that pace when race day comes!



## Upcoming running events

*Contributed by Andy Neilson*



### **Do it for Dad! (2, 5, 10 km runs)**

**Date:** Sunday, 15 June

**Time:** Starts at 8:00 am

**Location:** Anniversary Park, Carleton University

**Cost:** \$15, 25, 25 (before 10 June); 20, 30, 30 (after 11 June)

**URL:** [www.events.runningroom.com/site/?](http://www.events.runningroom.com/site/?raceId=3535)

racelD=3535

### **No frills 10 miler and 11 km walk**

**Date:** Wednesday, 18 July

**Time:** 6:30 pm

**Location:** Central Experimental Farm (Morningside Lane beside the sheep barn)

**Cost:** \$12.00 (\$10.00 NCRA member) before 9 July; \$15.00 (\$12.00 NCRA member) after 9 July

**URL:** [www.ncra-ottawa.com/hm/](http://www.ncra-ottawa.com/hm/)

### **Hintonburg Centennial 5 km Run/Walk**

**Date:** Sunday, 15 July

**Time:** 9:00 am

**Location:** Parkdale Park (corner of Armstrong and Hamilton, adjacent to the Parkdale Market in Ottawa)

**Cost:** \$20.00

**URL:** [www.hintonburg.com/run.html](http://www.hintonburg.com/run.html)

### **5 Peaks Camp Fortune**

**Date:** Saturday, 28 July

**Time:** 10:00 am

**Location:** Camp Fortune, Gatineau Park, Que.

**Cost:** \$40.00

**URL:** [www.fivepeaks.com/schedule.asp?p=on&raceid=122](http://www.fivepeaks.com/schedule.asp?p=on&raceid=122)

### **Xerox 10 km**

**Date:** Tuesday, 21 August

**Time:** TBA

**Location:** Experimental Farm, 3 loops around a 3.3 km loop

**Cost:** \$25.00 before 17 August; \$30.00 between 17 and 19 August

**URL:** [www.events.runningroom.com/site/?raceid=3033](http://www.events.runningroom.com/site/?raceid=3033)

**Note:** Proceeds to the CNIB

### **Achilles Rail Trail Relay (Kinmount to Peterborough)**

**Date:** Saturday, 22 September

**Time:** 8:00 am

**Location:** Millenium Park, Kinmount, Ont.

**Cost:** \$300.00 per team

**URL:** [www.achillestrackclub.ca/](http://www.achillestrackclub.ca/)

### **Terry Fox 10 km Run and Walk**

**Date:** Sunday, 14 September

**Time:** 9:00 am to 3:00 pm

**Location:** Carleton University (613-239-4142)

**Cost:** Free (no fee to register)

**URL:** [www.terryfoxrun.org/english/terry%20fox%20run/run%20site%20listings/on/default.asp?s=1](http://www.terryfoxrun.org/english/terry%20fox%20run/run%20site%20listings/on/default.asp?s=1)

**Map:** [www.terryfoxrun.org/local/files/2003%20maps/Ottawa%20Map.pdf](http://www.terryfoxrun.org/local/files/2003%20maps/Ottawa%20Map.pdf)

**Note:** Collect pledges for The Terry Fox Foundation

### **Marathon Oasis de Montréal (5 km, 10 km, half-marathon, marathon)**

**Date:** Sunday, 14 September

**Time:** Various start times

**Location:** Montréal, Que.

**Cost:** \$30.00 (5 km), \$45.00 (10 km), \$60.00 (half-marathon), \$75.00 (marathon)

**URL:** [www.festivaldelasante.com/site.php?lang=en](http://www.festivaldelasante.com/site.php?lang=en)

### **CIBC Run for the Cure**

**Date:** Sunday, 30 September

**Time:** 9:00 am

**Location:** Le Breton Commons, running along the Ottawa River Parkway

**Cost:** \$35.00 (waived if you raise \$150.00)

**URL:** [https://www.cibcrunfortheure.com/html/en/rI\\_ottawa.asp](https://www.cibcrunfortheure.com/html/en/rI_ottawa.asp)

**Note:** We usually do this as a team. Stay tuned for more information.

## Upcoming social events

*Contributed by Terry Godbold*



### **Capital Pride: 17–26 August**

Ottawa Frontrunners will be looking for volunteers to assist the Pride Committee with putting up fencing on Saturday, 25 August, after our usual Saturday morning run and breakfast.

We will also be marching in the parade and staffing a table at the information fair on Sunday, 26 August.

Stay tuned for more information regarding the Club's participation. Also, visit the Capital Pride Web site for a listing of other events.

**URL:** [www.prideottawa.com](http://www.prideottawa.com)

For a listing of upcoming community events, visit the Gay Ottawa Web site:

**URL:** [www.gayottawa.com/web/gayottawa/main.html](http://www.gayottawa.com/web/gayottawa/main.html)

## Community information



For more community information, visit [www.gayottawa.com/web/gayottawa/main.htm](http://www.gayottawa.com/web/gayottawa/main.htm)

**Elles Loisirs:** Non-smoking club for French homosexual women who want to do social, sport, and cultural activities.

*E-mail:* [info@ellesloisirs.com](mailto:info@ellesloisirs.com)

*URL:* [www.ellesloisirs.com](http://www.ellesloisirs.com)

*Phone:* 813-595-2717

**Gay Ottawa Volleyball (GOV):** We are a group of gay and lesbian friends who meet every Monday and Wednesday night from September through early May for a fun night of volleyball in the nation's capital. GOV is organized into two week nights.

*E-mail:* [GOV@rogers.com](mailto:GOV@rogers.com)

*URL:* [www.gayottawavolleyball.com](http://www.gayottawavolleyball.com)

*Phone:* 613-244-3886 or 613-236-2106

**LOG/OPALE, Lesbian Outdoor Group:** The mission of LOG/OPALE is to enhance the quality of life for lesbians in the Ottawa-Gatineau area. We provide a forum where members can meet, socialize, and organize themselves for recreational and outdoor activities. Activities are organized by the members. Five general meetings followed by a social gathering and potluck are held each year.

*E-mail:* [log\\_opale@yahoo.ca](mailto:log_opale@yahoo.ca)

*URL:* [www.lesbianoutdoorgroup.ca/](http://www.lesbianoutdoorgroup.ca/)

*Phone:* 613-237-XTRA ext. 2045

**Mountain Bike Free Ride/Off-Road Group:** If you like mountain biking or are interested in starting, need some advice or guidance, then this association is for you. A mountain bike with full suspension or front suspension is required. Mountain biking can be of the following types: urban/street with or without tricks, jumps, stairs, technical, off-road, downhill, and cross-country. This is an excellent sport to improve one's cardio and to enjoy the outdoors. Adventure, discoveries, fun, and get in shape!

*E-mail:* [mtbottawa@gmail.com](mailto:mtbottawa@gmail.com)

*Phone:* 613-741-3894

**Ottawa Bears:** The Ottawa Bears is a group dedicated to hirsute gay men and their admirers.

*E-mail:* [bears@gayottawa.com](mailto:bears@gayottawa.com)

*URL:* [www.gayottawa.com/bears](http://www.gayottawa.com/bears)

**Ottawa Gay Hockey Association (OGHA):** The OGHA is a non-contact organisation and anyone is welcome! AHGO est un organisme sans contact et qui est ouvert à tous!

*E-mail:* [ogha@gayottawa.com](mailto:ogha@gayottawa.com)

*URL:* [www.gayottawa.com/hockey](http://www.gayottawa.com/hockey)

**Ottawa-Hull Date Squares:** The Ottawa-Hull Date Squares is a gay and lesbian square dance group.

*E-mail:* [ottawadatesquares@sympatico.ca](mailto:ottawadatesquares@sympatico.ca)

*Phone:* 613-224-7787

**Ottawa Knights:** The Ottawa Knights is a gay men's leather and denim club. Bar nights are the second Saturday of every month at the Cellblock (above the Centretown Pub).

*E-mail:* [info@ottawaknights.com](mailto:info@ottawaknights.com)

*URL:* [www.ottawaknights.com](http://www.ottawaknights.com)

*Phone:* 613-237-9833

**Ottawa Out Golfing Group:** The Ottawa Out Golfing Group is a friendly, recreational golf league for gay men and lesbian women of all skills and abilities — beginner to expert. All that is left to do is tee it up!

*E-mail:* [rmeagher@istar.ca](mailto:rmeagher@istar.ca)

*URL:* [www.outgolfinggroup.com](http://www.outgolfinggroup.com)

*Phone:* 613-565-1967

**Ottawa Women's Discussion Group:** We are called the Ottawa Women's Discussion Group. Come meet other bisexual women of all ages, for informal discussions and general socializing. We meet in person every first Thursday of the month, 7:00–9:00 pm and at times, go for coffee afterwards. The group is sponsored by Pink Triangle Services.

*E-mail:* [nsoucy@freenet.carleton.ca](mailto:nsoucy@freenet.carleton.ca)

*URL:* [www.pinktriangle.org/pts\\_site/Eng/obwdg.html](http://www.pinktriangle.org/pts_site/Eng/obwdg.html)

**OUT Divers Scuba Club:** OUT Divers was founded to help promote recreational scuba diving for GLBT individuals in the Ottawa-Gatineau area. Composed of both men and women of all skill levels (including non-divers), we seek to provide a safe and accepting environment in which to enjoy scuba diving.

*E-mail:* [scuba@gayottawa.com](mailto:scuba@gayottawa.com)

*URL:* [www.gayottawa.com/scuba](http://www.gayottawa.com/scuba)

**Public Service Pride Network (Last Friday of every month, 5:00–7:00 pm):** A social environment to meet other civil servants in the National Capital Region. Venues rotate monthly throughout Ottawa and Gatineau (Hull sector).

*URL:* [www.publicservicepride.ca/](http://www.publicservicepride.ca/)

**Rideau Speedeaus:** The Ottawa Rideau Speedeaus are primarily a gay, lesbian, and bisexual swim team that welcomes members from the straight community as well.

*URL:* [www.rideauspeedeaus.com](http://www.rideauspeedeaus.com)

**Time Out / Temps Libre:** Time Out / Temps Libre is a volunteer organization that supports social and recreational activities within the gay, lesbian, and bisexual community. Membership in Time Out provides you with essential information on sports and leisure activities in the Ottawa-Hull area, as well as quarterly newsletter that gives you the latest news on happenings in the region.

*E-mail:* [timeout@gayottawa.com](mailto:timeout@gayottawa.com)

*URL:* [www.gayottawa.com/timeout](http://www.gayottawa.com/timeout)

**Time-Out Hiking Ottawa:** This group is run by volunteers. Participants are gays, lesbians, and friends who appreciate nature. 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. Most hikes will be day hikes. There are, however, a few exceptions.

*E-mail:* [write\\_pu@yahoo.com](mailto:write_pu@yahoo.com)

*URL:* [www.timeouthikingottawa.ca](http://www.timeouthikingottawa.ca)

*Phone:* 613-828-1387







Ottawa Frontrunners supports the Gay and Lesbian International Sport Association ([www.glisa.org](http://www.glisa.org)).

Ottawa Frontrunners is affiliated with the International Frontrunners ([www.frontrunners.org](http://www.frontrunners.org)).