



»ottawa [frontrunners.org](http://frontrunners.org)

Ottawa Frontrunners welcomes runners (gay, lesbian, transgendered, 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.

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## Message from the co-chair

Contributed by Michael Cooper

Spring is warming up the streets and already we see larger groups at our runs. Race season approaches and it's time to get trained up. Those who have been running through this mild winter have a good base now and are ready to focus on strength and endurance. If you have been running indoors or taken the winter off, though, there is still time to get ready for some fun races this summer.

As usual, the National Capital Race Weekend at the end of May will be an important focus for our group. Frontrunners variously do the 5 km, 10 km, half marathon, and full marathon distance. It is encouraging to train with a group and to start the race together, although everyone should race at their own pace and will finish to the cheers of other club members. If there is sufficient interest, we may offer speed- or endurance-oriented runs to help our members prepare. In addition to the race itself, we always have a celebratory barbeque afterwards, which is a great chance to meet members who do not always make it to the same runs as you do.

In addition to the National Capital Race Weekend, we have the OutGames to look forward to this year at the end of July. Ottawa Frontrunners has a sizeable team signed up already, but there is room for more. People are in various races, both road and track, and some are in other sports as well. There will be lots to see in Montréal, so plan to come even if you are not racing! International Frontrunners will be hosting a gathering of all Front-runner clubs, a great opportunity to meet runners from around the world.

On the subject of club business, we will have our Annual General Meeting in May. We need to ratify updates to our constitution to reflect the evolution of our operating procedures so that we can register as a charitable organization, which will enable us to give tax receipts for donations. We will also nominate and vote for the members of the Executive committee, and discuss other potential activities of the group. This meeting is an important way for club members to contribute to the discussion about what we are and are not, so I encourage members to attend. Bring your ideas as well!

Stay healthy and see you on the road!

## The marathon was hot ... and I do not mean sexy!

Contributed by Shawn Murphy

It seems like a lifetime ago now, but memories of the Gay Games in Sydney in late 2002 are still fresh. Even the less favourable memories from the marathon event have faded. Well, not quite ...

Late fall in Canada is early spring in Australia. For marathon runners, the change in climate isn't too drastic. In Canada, late-October weather can be fine, with temperatures ranging from 3 to about 12 °C during the days. Spring in Sydney is usually temperate, about 15–20 °C. So, not too big of a difference in terms of the climates.

I had the pleasure of arriving about 2 weeks before the marathon, so I attended events that friends were participating in and got to know the city of Sydney. The weather was beautiful. Also, there was plenty of opportunity to train in the slightly warmer weather.



Team Ottawa waiting to march into the stadium at Gay Games VI, Sydney, Australia, 2–9 November 2002

Where we were staying in Redfern, there were two parks close by. One in particular was perfect for running. It had a long path that circled it, with an equestrian park in the centre and many flower gardens to admire. Australians like the outdoors and are typically very active, so there are plenty of parks and lots of facilities. Their weather is conducive to outdoor life.

The weather got warmer through the week leading up to the marathon. And then it got hot! The day before the marathon, I went out to the Olympic park to pick up my race kit. It was 30 °C or more. Being a fairly seasoned racer, one thing I noticed when I looked around was that there were no portable toilets in place (trust me, that is an important detail). And I was informed that the single course race, which had already been downgraded to a double-loop course, was now four loops. I could tell it was going to be a great race. Not!

On the morning of the race, I took the first train out to the Olympic Park. I was glad I did. Those who took the next train were so late that the officials had to have a separate start time for them. That would have freaked me out.

I got there in time to join runners fighting with the race officials. The latter wanted to call the marathon off owing to the heat. Our big argument was a legitimate

one, heat or not: why did we travel across the world to have our race cancelled?

In the end, a compromise was reached. Anyone completing the third of four loops after the 4 h mark would be pulled out of the race. By 11 am, officials knew there would be full-on sun and heat. Race officials were justifiably worried.

It got to be 36 or 38 °C that day. It was certainly the hottest race that I had ever been in. And there were forest fires, too, so the air was not clear. Perhaps worst of all, it was the most boring course that I have ever been on. Lots of charmless parking lots and scrubby fields.

Many water stops and walks later, I finished the race in what was, in retrospect, a comparatively respectable time.

The Gay Games marathon in Sydney was not a good experience, but I would not want to leave readers with an impression that it was all bad. At some point, you just have to chalk a bad race up to experience and laugh about it. The truth is that I got to meet a lot of great people, saw a lot of memorable sights, and enjoyed myself at the opening and closing ceremonies.

Will I be in Montreal? You bet!



Members of Team Ottawa



Members of Team Paris at the staging area



Team Ottawa marching into the stadium



## A need for speed: injecting interval workouts to your weekly routine

Contributed by Bill Bridel

There are many great benefits to adding speed training to your weekly running routine; it is a great way to challenge your body in new ways and to improve overall fitness. The majority of your training should be aerobic-based, but injecting some speed can add some “zing” to your workouts. Why? Primarily because you're working your body in a different way, but also because speed workouts can be fun! Of course, speed work also should improve your race times (regardless of distance). Before adding interval training, you will need to build a good aerobic base and some strength, as the demands placed on the body through speed training can lead to injury if you are not careful. Assuming that you have

been running regularly and have done some strength training (either cross training or hill repeats), there are different approaches to speed work. I have outlined two types of speed training below. Speed work should only be done once per week. *(Continued on p. 5.)*



Athletes and friends waiting for the train to the marathon event



Member of Team Netherlands



Members of Running Moose Squad, Vancouver Frontrunners, and other athletes and friends at the track and field event



Members of Team Sydney



### Fartlek Training:

Funniness of the word aside, fartleks are probably the easiest type of speed work to add to your routine. After a good warm-up (10–15 min of running), simply begin adding some surges of speed to where you are pushing the pace to a point of minor discomfort. You can plan the length of your fartlek by time (stopwatch) or by landmarks (i.e., pick a park bench in the distance and pick up your pace until you reach it). The number of fartleks you do is up to you (but should start with only a few if you are new to speed work), and the length and pace should be determined by the type of race that you are planning to run (i.e., a 5 km racer will benefit more from shorter and faster intervals, whereas a marathoner will benefit more from longer and more moderate intervals). Each week you can add one or two more fartleks to the workout. One word of caution, if possible avoid doing fartlek training on concrete. A soft path or grass is gentler on the body. Follow the intervals with 10–15 min of warm-down running and a good stretch.

### Track Intervals:

While the track may conjure up horrible images of former high school phys.-ed. teachers, it is a great place to improve your speed! The surface will also be kinder to your joints than concrete. There are a number of different approaches to track work and again it is dependent upon the length of racing that you will be doing. So, you will want to do some specific research (see Web sites below) for guidance as per your particular circumstances; however, as a general guideline track work consists of a 10–15 min warm-up, some strides and other drills on the in-field, and then the crux of the workout. Finish with a good warm-down run and stretch. The intervals (whatever length) are done at a pace that is slightly uncomfortable (most information says intervals should be done at slightly faster than race pace). Each interval is followed by a certain period of recovery and then repeated. Common track workouts include 400, 800, or 1500 m repeats (a hard interval followed by equal recovery). One kilometre (2.5 laps of the track) repeats also have great benefits for all race distances. As you get stronger, you would decrease the amount of recovery between repeats. For example, an 8 week build leading up to a 1 or 2 week taper (again depending on the length of race that you are doing) of 1 km repeats may look something like the following:

Week	Interval
1	3 x 1 km with 90 s rest
2	4 x 1 km with 90 s rest
3	5 x 1 km with 90 s rest
4	5 or 6 x 400 m repeat with 1–2 min rest
5	4 x 1 km with 60 s rest
6	5 x 1 km with 60 s rest
7	6 x 1 km with 60 s rest
8	5 or 6 x 400 m repeat with 1–2 min rest

Hopefully, this has provided you with some information that will be of use in your own training plans this spring.

Also check out the following Web sites for great information:

[http://www.coolrunning.com/cgi-bin/moxiebin/bm\\_tools.cgi?print=105;s=2\\_1;site=1](http://www.coolrunning.com/cgi-bin/moxiebin/bm_tools.cgi?print=105;s=2_1;site=1)

<http://www.pponline.co.uk/encyc/0221.htm>

<http://www.byrn.org/gtips/ssworkouts.htm>

## Skating for gold!

Contributed by Grant McNeil

Frontrunner Roger Butt and his ice-dance partner Nancy Jean made two trips to the podium at the Michel Proulx Memorial Figure Skating Competition held in mid-March in the Beauce, outside of Québec. Roger and Nancy won gold medals in both the Adult Gold Dance and the Free Dance categories. The event was the debut competition for the duo, who have been skating together for over a year. They edged out their competitors in both compulsory dances, the Paso Doble and the Viennese Waltz. The free dance was choreographed to the well-known Bobby Darrin swing number, *Mack the Knife*. Roger and Nancy go on to skate at the Adult National Figure Skating Championships to be held at Carleton University, Ottawa, 7–10 April. From there, it is on to the Outgames in Montréal, where they will compete in the gold compulsory-dance and free-dance events at the Maurice Richard Arena. Congratulations Roger and Nancy!



## Upcoming running events

Sunday, 30 April 2006

### RBC Run For Reach, Ottawa

The 19th annual race is one of the largest and most established events in the nation's capital. With close to 1500 runners participating in various events, it is fun filled and the real-time Champion Chip Timing System is used for all events. Registration for the 5 km, 10 km, and the half-marathon is \$30 for adults (until 7 April), \$40 (until 29 April), and \$50 on race day. The course uses the scenic Queen Elizabeth Drive alongside the Rideau Canal.

More information: <http://www.reach.ca/>

Sunday, 7 May 2006

### Orleans Runs, Orleans

Races start at the Place d'Orleans Shopping Centre. The half-marathon and 10 km courses are challenging and hilly but scenic. All run courses are out-and-back, starting and ending at the shopping centre. Registration prices are \$30 (5 km), \$30 (10 km), and \$50 (half-marathon).

More information:

[http://www.eventsonline.ca/events/somersault\\_md/](http://www.eventsonline.ca/events/somersault_md/)

Sunday, 14 May 2006

### The Dash to Cure Diabetes 5 km & 10 km Runs, Ottawa

Help raise money to support research to finding a cure for diabetes. These are fun 5 km and 10 km races along the historic Rideau Canal.

More information:

<http://www.eventsonline.ca/events/dashtocure>

Saturday, 27 May 2006

### Nordion 5 & 10 km Runs/Walks

#### MDS Nordion 5 km Run/Walk

The 5 km run/walk is one of the weekend's most popular events for both families, as well as for beginners. The race starts on at 5:00 pm.

#### MDS Nordion 10 km Run/Walk

The MDS Nordion 10 km run/walk is one of the weekend's most competitive races. The race starts at 6:30 pm.

More information: <http://www.ncm.ca/>

Sunday, 28 May 2006

### ING Ottawa Half-marathon and Marathon

#### ING Ottawa Half-marathon

The ING Ottawa half-marathon is one of the weekend's most scenic events for runners as it loops around the Rideau Canal, the designated course of the Masters Half-marathon Championships. The race starts at 10:15 am.

#### ING Ottawa Marathon

ING Ottawa Marathon is the premier national marathon event and is part of the ING Globberunners series, which includes the ING New York City Marathon. The course is certified and can be used to qualify for the Boston Marathon. The race starts at 7:00 am.

More information: <http://www.ncm.ca/>

	16 Feb. – 20 Apr.	1–25 May
Marathon	\$85	\$95
Half marathon	\$50	\$60
MDS Nordion		
10 km	\$35	\$45
5 km	\$20	\$25
ING Family		
2 km	\$20	\$20



Final of the 1500 m at the Aquatic Centre, Gay Games VI



Elimination round at Gay Games VI

## Upcoming social events

Saturday, 22 April, 9:00 am – 5:00 pm

### **Lesbian and Gay Xpo**

Jack Purcell Community Centre, 1 Jack Purcell Lane (off Elgin St.)

Help increase the club's visibility in the community by volunteering for an hour shift at the OFR table. A sign-up sheet will be circulated during the runs or you can also contact José at [jmperez@sympatico.ca](mailto:jmperez@sympatico.ca).

Saturday, 22 April, 2:00 and 8:00 pm (two shows)

### **¡OLE! hosts Tone Cluster and Forte**

NAC's 4th stage

Come out and hear the three groups provide a preview of their Canadian Unison Festival programmes.

Wednesday, 26 April

### **A Taste for Life**

Various restaurants throughout the city; see list of participating restaurants at [http://www.atasteforlife.org/ottawa/Taste\\_Frames\\_1024.htm](http://www.atasteforlife.org/ottawa/Taste_Frames_1024.htm).

We could make this event a group outing. Here are several options to consider:

1. Elgin Street Freehouse, 296 Elgin Street (recommended by Phil and Brian)
2. Savana Café, 431 Gilmour St. ([http://www.savanacafe.com/index\\_startpage.html](http://www.savanacafe.com/index_startpage.html))
3. Café Paradiso, 199 Bank St. (<http://www.cafeparadiso.ca/>)
4. The Buzz, 374 Bank St. (<http://www.thebuzz.ca/>)
5. Kasbah Village Moroccan Cuisine, 261 Laurier Ave. West (<http://www.kasbah.ca/>)
6. Social, 537 Sussex Dr. (<http://www.social.ca/>)

Saturday, 27 May, 10:00 am – 1:00 pm

### **2nd Annual NCM bagel and fruit brigade** Confederation Park

Bring a sharp knife and a cutting board! More details to follow.

Sunday, 28 May, 3:00–8:00 pm

### **2nd Annual NCM weekend barbecue** José's place

Come out and celebrate our club's achievements during the NCM weekend. More details to follow.

Thursday, 1 June, 7:00–9:00 pm

### **Swirl and Twirl 4**

Ottawa City Hall, 110 Laurier Ave. West, Jean Pigott Place

The Capital's favourite food, wine, and beer tasting fundraiser is back!

Funds raised support Harmony House (providing a safe living environment for women and children in Eastern Ontario), Pink Triangle Services, and the Pride Committee of Ottawa–Gatineau.

Advance tickets: \$25.00 (contact John Gazo at [jgazo@prideottawa.com](mailto:jgazo@prideottawa.com)).

26–27 August

### **Ottawa Pride Festival Weekend**

We will need marchers and walkers again this year for the parade, as well as volunteers at the table for the community fair. More details to follow.

## Community announcements

### **Elles Loisirs**

Smoke-free activities for francophone lesbians. Dances, outdoor activities, breakfasts, dinners. More information at [www.ellesloisirs.com](http://www.ellesloisirs.com) or contact Pierrette at 595-2717.

First Wednesday of every month, 7:00–9:00 pm

### **Elle Twist**

café-bar-bistro Le Twist (88 Montcalm)

Monthly event for francophone women with the goal of socializing in a casual and friendly environment. Contact [Elletwist@hotmail.com](mailto:Elletwist@hotmail.com).

### **Friends of Vita**

Regular social gatherings for lesbians and bisexual women in their 20s and 30s. For more information contact [friendsofvita@yahoo.ca](mailto:friendsofvita@yahoo.ca).

Last Friday of every month, 5:00–7:00 pm

### **Public Service Pride Network**

Various pubs/bars in Ottawa and Gatineau (Hull). More information at [www.publicservicepride.ca](http://www.publicservicepride.ca).

Next event at Pink (Dalhousie and Rideau streets), 28 April.



# Gay Games 2006 (Chicago; 15–22 July) Outgames 2006 (Montréal; 29 July – 5 August)



13–14 July

## **International Frontrunner Annual General Meeting, Chicago**

Please contact the OFR Executive Committee ([ofr@ottawafontrunners.org](mailto:ofr@ottawafontrunners.org)) if you are interested participating in the IFR AGM.

15–22 July

## **Gay Games VII (Chicago)**

Fees: \$175 US (up to 15 April) + \$35 US (additional sport); \$195 US (16 April – 1 July) + \$35 US (additional sport).  
For more information visit <http://www.gaygameschicago.org/registration/home.php>.

26 July (Wednesday)

## **10 mi (16.1 km) hike and (or) run from the Petroglyphe to High Falls**

The Running Moose Squad will be hosting this informal hike and (or) run. For more information contact Dave at [sunshyne@nexicom.net](mailto:sunshyne@nexicom.net).

29 July – 5 August

## **First Outgames (Montréal)**

Fees: \$295 CDN (up to 30 April) + \$75 CDN (additional sport); \$325 CDN (1 May – 1 July) + \$100 CDN (additional sport). For more information visit [http://www.montreal2006.org/en\\_sports.htm](http://www.montreal2006.org/en_sports.htm) (general information);  
[http://www.montreal2006.org/en\\_schedule.html](http://www.montreal2006.org/en_schedule.html) (event schedule);  
<https://www.tourisme-montreal.org/Housing/Outgames2006/Accommodation/Default.aspx?CultureID=en-CA> (hotel);  
[http://www.montreal2006.org/en\\_cross\\_country.html](http://www.montreal2006.org/en_cross_country.html) (4 and 10 km; 31 July);  
[http://www.montreal2006.org/en\\_figure\\_skating.html](http://www.montreal2006.org/en_figure_skating.html) (1–4 August);  
[http://www.montreal2006.org/en\\_marathon.html](http://www.montreal2006.org/en_marathon.html) (10 km, half marathon, marathon; 5 August);  
[http://www.montreal2006.org/en\\_track\\_and\\_field.html](http://www.montreal2006.org/en_track_and_field.html) (30 July – 4 August);  
[http://www.montreal2006.org/en\\_triathlon.html](http://www.montreal2006.org/en_triathlon.html) (3 August).

Transportation — VIA Rail (\$64.20 CDN return); Greyhound (\$67.70 CDN return)

Note that the Université du Québec à Montréal (UQAM) residence ([http://residences-uqam.qc.ca/eng/e\\_welcome.htm](http://residences-uqam.qc.ca/eng/e_welcome.htm)) will be the home base for OFR (28 July – 7 August inclusive) and several other Frontrunner clubs during the Outgames. Unfortunately, all the rooms have been book at the UQAM residence to date.

More information is available from Outgames' current newsletter at  
[http://www.montreal2006.org/en\\_newsletter.html](http://www.montreal2006.org/en_newsletter.html)

30 July (Sunday), 4:00–7:00 pm

## **International Frontrunner Gathering, Montréal**

Le Club Sandwich (1578, rue Sainte-Catherine Est); upstairs party room and deck

Come and join the festivities and meet other Frontrunner members from around the world! Twenty free tickets have been reserved for OFR members who will be attending the Outgames. If you have not already confirmed your attendance, please contact José at [jmperez@sympatico.ca](mailto:jmperez@sympatico.ca) asap for reserve your free ticket. There will be a slide show, draw prizes, a cash bar, and guest speakers, including our very own Bill who will be presenting a summary of his research on Canadian gay marathoners.



## From the Editor

As always, your comments and contributions make this newsletter. Send them to José at [jmperez@sympatico.ca](mailto:jmperez@sympatico.ca).





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

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



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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

Contributed by Wendy Rose

After much procrastinating, since writing is definitely not my forté, I have finally put pen to paper. However, in this day and age, maybe I should say “fingers to the keyboard”, or in my case “finger to the keys”.



It still brings a smile to my face when remembering my first run with Ottawa Frontrunners (OFR) two summers ago. As I was approaching the group that first Saturday morning, all I could see was a large number of very fit-looking and very attractive men (must be gay), with not another single woman in sight. I started debating in my head if I would join them or just walk on by. I asked myself “would they want a woman to join them”? And if they did, would I be able to keep up with any of them? Those questions were soon answered, as I did muster up my courage to stop and join them. I was immediately made welcome and José was my running buddy that first run. I had needed and wanted to find a safe, social, and active way to introduce myself to the gay, lesbian, bisexual, transgendered, and queer (GLBTQ) community; I certainly found that within OFR. Not walking on by was one of my best decisions!

I am not sure why there are not more women running regularly with our group. But as the newly elected Co-chair, I hope that my presence and our combined networking efforts will change this fact and encourage participation of more women members. Cohesiveness with the GLBTQ community is very important to me and it is something that has been echoed by all of us.

I would like to use this opportunity to introduce the other Executive Committee members as of our May 2006 AGM: myself and Michael as your Co-chairs, Peter as your Finance officer, and Suman and José as your Members-at-large.

And at this time, I would like to especially thank those most responsible for putting together our Club's constitution and by-laws Michael, Peter, and José which is the first step in working towards our Club's charitable status. And I am sure that they in turn would agree that having the constitution ratified was made much easier with the large turnout and support of the members at this year's AGM.

The Outgames will soon be upon us and I want to wish those participating the best of luck, as well as continued success to everyone in the club in their running goals this summer.



## Boston ... The pinnacle for marathoners

Contributed by Shawn Murphy

If you're a marathoner and earn a qualifying time to run Boston, you have to do it!



Boston is the oldest and most fabled of all road races. It is also the most coveted marathon for runners interested in participating in the world's most popular races. New York and London have their charms, but Boston is considered “the” pinnacle in a runner's career.

Held for the first time in 1897 over dirt roads and attended by a few brave souls, over the past 110 years the Boston Marathon has inspired millions of runners to push themselves to their physical limits.

The course is not an easy one! It begins inland in Hopkinton and winds its way down toward Boston through beautiful New England towns. On the route, the locals go all out to welcome the thousands of participants who gather from all over the world for the run.

Everyone has heard of Heartbreak Hill. Actually, it's a series of hills that begins around mile 17 and ends with Heartbreak at about mile 21. Getting past them is tough, mainly because the course is either downhill or flat until this point. By mile 21, or roughly 32 km, that's when any race starts to get tough. Add a hill or two into the mix and it can be a recipe for disaster.

I ran Boston in April of this year for the third time. Those hills are always very fresh in my mind. But this year I had a good day. It wasn't too hot, and I felt strong. I ran my best Boston time ever.

I've never had what I'd call a good day in Boston. My times have always been slow, despite being well trained. But who cares? It's all about the experience. Let the elites worry about time goals. I go for the fun.



In my defense, conditions are against the average runner. Most races begin early. In Boston, runners have to rise early, catch a bus to Hopkinton by 7 am or so, and then wait until noon for the race to begin. It drains a person's energy.

But it's worth the hassle! The mood of the runners is amazing. The spectators are enthusiastic. And as a participant, you never lose site of the historic course you're on and the stories of victory and heartbreak that have taken place on it including your own.

Turning the corner to run that last few hundred metres to the finish line is like nothing else a runner will ever experience. The noise of the crowds is deafening. They're cheering for you and for every runner who has made it because they have a healthy respect for the marathon distance. Their energy pushes you to the finish line.

I would do it again? Every Boston run brings a new experience. Every finishing medal is hard-earned. Every memory is a cherished one.



Boston marathon 2006, courtesy of Boston Fronrunners

## 400 mètres ... facile?

Contributed by Gilles Lafleur



Dave McConkey at the Boston marathon 2006, courtesy of Boston Fronrunners

Mon cœur bat à cent milles à l'heure et je pense à ces histoires d'hommes dans leurs quarantaines qui meurent d'une crise cardiaque. Maintenant, je comprends pourquoi.



Une course de relais de 400 m ... « facile » je me ventais. Voilà que je me suis trompé.

Certes, cette distance est courte comparée à celle de 5 ou 10 km que nous nous engageons à faire deux ou trois fois par semaine. La différence réside dans l'intensité et la vitesse qu'exige cette course de 400 m. Le cœur se met à battre à triple temps.

La distance de 400 m semble aussi tripler psychologiquement parlant. Pourtant, ce n'est qu'un seul tour de piste ...

Au dernier 100 m, mes poumons et mon cœur cherchent l'oxygène. Ils me crient ... « Oxygène rentre vite! Vite! Rentre, circule et métabolise toi avant que je m'évanouisse. »

Cette course de relais merde alors, c'est tout un sport!



Boston marathon start, courtesy of Boston Fronrunners



# National Capital Marathon 2006 and 2nd Annual OFR BBQ

Contributed by José Perez

Ahh ... .. another exhilarating run! Although the weather was hot, many listened to their bodies and paced themselves accordingly, and still managed to run half decent times. I am honoured to be a part of a club with such talented athletes!

My one thought throughout my 10 km race was that I had to finish in one piece, as I still had to make all those hamburgers for the barbeque the next day!

The weekend would not have been as successful as it was without the generosity and assistance of numerous people.

Many thanks to all who made the weekend such a wonderful time for me.

Until next year ... ..





# Brian and Phil's Montréal Secrets

Contributed by Brian Ray and Phil Schwab

The delights of Montréal's Gay Village will be the centre of action for the first World Outgames this summer, but if you feel the need to take yourself out of the spotlight of St Catherine Street or explore some shops more exotic than Simons, we suggest a few side trips to some of our favourite quarters of Canada's francophone metropolis.



Food: Montréal has a wealth of excellent dining options, but the Plateau neighbourhoods around Parc La Fontaine are especially blessed ([Metro Mont-Royal](#)). You can find everything from trendy bistro fare to Algerian tagine. Act like a local by taking your partner or new-found love to Le P'tit Plateau located just west of Saint-Denis on Marie-Anne. This small neighbourhood bistro features luscious dinners of caribou, rabbit, etc., in delightful presentations. The dining room is small, so reserve early for either the 6:30 or the 8 pm seating (514-282-6342). A good, and *slightly* larger, alternative is Au 917 at 917 rue Rachel est (514-524-0094). The food is largely French inspired, tasty, and the profiteroles may cause you to throw in the towel on the marathon! Le Poisson Rouge, located at 1201 rue Rachel est, features lovely fresh preparations of fish and seafood, also in a small neighborhood dining room. Make a reservation early in the week, especially if you want to dine on Friday or Saturday (514-522-4876). For a taste of the tropics, savor the créole specialties of the French island of Réunion at Le Piton de La Fournaise. The food is exotic and the surroundings are colourful and friendly at this neighbourhood favourite (835 rue Duluth, reservations at 514-526-3936). Stop at the SAQ and pick up your favourite bottle of wine before tucking into these places. However, there are literally dozens of small restaurants scattered along the major streets, as well as through the neighbourhoods, and most are both interesting and affordable. They do tend to be on the small side.

A little farther south and much closer to the Village is La Paryse, a Montréal institution among students, a few professors, lesbians, a few gay men who can extract themselves from the Village, and just about anyone else who likes burgers, fries, beer, and cake. Located at 302 rue Ontario est (just west of St-Denis), this is one of the most fun and

funky burger shops in the city. They do not take reservations and the wait can be long if you go at peak times, but this is one of the best places for québécois comfort food.

Brunch (a totally separate category of food): Weekend brunch is practically a by-law in Montréal, as folks wait in line for their weekly fix. An excellent choice is L'Anecdote at the corner of St-Hubert and Rachel. Families and hipsters gather over excellent café au lait and traditional crepes and omelets. Get there early on weekends or prepare to stand in line. There are also a number of very good brunch places on Avenue du Mont-Royal between St-Denis and Papineau, including the newly trendy Caffé Art Java (837 Mont-Royal est) and the long trendy l'Avenue (922 Mont-Royal est). L'Avenue often features various types of mannequins in the window in various states of undress, the bathroom décor is high style, and the line-up to get in is often very, very long. But if you head east on Mont-Royal, you will find more places for brunch that are very good. If a big breakfast does fit your training schedule, stop by Mr. Pinchot, a neighborhood boulangerie hidden at the corner of de Brebœuf and Marie-Anne. The excellent croissants and other pastries are often served up by cute, charming neighborhood disco boys and girls.

Drinking: It is probably almost impossible to imagine a need to look for bars outside of the Village, but here are a few impressive and/or unusual suggestions. One of the best and most popular bars east of St-Laurent is L'Île Noire (342 Ontario est). It looks like an English pub meets Québec, has a very diverse Québécois clientele, and a huge list of single malt scotches and beers. A little farther east on Ontario is Le Cheval Blanc (809 Ontario est), the first micro-brewery in the city. About 20 years ago when this part of the city was a lot more "rock et roll", the clientele was *really* diverse and one of Brian's old neighbours was a server who saw more than her fair share of brawls in the place. Now it is just a terrific and unpretentious place to enjoy wonderful beers. If you like entertainment with your beer, check out Jello Bar's (151 Ontario est) live acts in a cool retro setting or Sofa Bar-Porto (451 Rachel est). Neither of these bars is particularly gay (although many years ago Sofa was a gay bar), but they aren't really straight either.





**Sunning:** Before or after dinner, the Plateau is an excellent place to shop, relax, and people watch. If you have had your fill of the village flesh parade, take a walk to the lake in Parc La Fontaine for more relaxed boy and girl watching and cruising. If the sun is out, so are the bodies. The Parc also features outdoor concerts and movies on summer evenings that are free for all. You may even see a movie being filmed.

For women, boulevard St-Laurent between Prince Arthur and Avenue du Mont-Royal is a good place to girl watch. A lot can happen on this stretch, but much depends on the temperature, time of day, and the general swirl of commotion.

**Shopping:** A walk along Avenue du Mont-Royal between St-Denis and Papineau will introduce you to an eclectic mix of shops and cafes. Farfelu Maison has a cool selection of housewares to choose from, and the array of fashion boutiques seems to change from season to season. For more serious cutting-edge shopping, stroll along St-Denis or St-Laurent from Avenue du Mont-Royal to Sherbrooke. A growing cluster of furniture stores can be found on St-Laurent north of Mont-Royal. For a real taste of Québec « produits de terroir », head up to the Marché Jean-Talon for the freshest locally grown fruits, vegetables, cheeses, and everything else edible grown in Québec ([Metro Jean-Talon](#)).

**Cooling Off:** If the August heat has you searching for the air conditioning, there is no better place to cool your heels for a couple of hours than at the Ex-Centris movie theatre on St-Laurent just north of Sherbrooke ([Metro St-Laurent](#)). The theatres are plush temples for cinema buffs and the movies are commonly cutting-edge foreign or Québécois productions. If you prefer a more educational indoor experience, the Point-à-Calière Museum of Archeology ([Metro Square Victoria](#)) is a great place to while away the afternoon and learn about the early history of Montréal. Located in the old port area, the exhibits are a great orientation to the city. Finally, one of the best museums in the city is the CCA (Canadian Centre for Architecture), located at 1920 rue Baile on the west side of downtown. There are some people who believe that the CCA is the only thing with enough drawing power to make Brian walk west of McGill College.

Whatever you decide to do in Montréal, you are sure to have a good time. The city revels in its summer festivals and revels in celebrating with locals and visitors alike, charming them with its tree-lined streets, hip urban style, and its devil-may-care attitude. Amuse-toi bien!

More information is available at the following:

Pointe-à-Callière Museum

<http://www.pacmuseum.qc.ca/index.aspx?lang=EN-CA>

Ex-Centris

<http://www.ex-centris.com/>

Canadian Centre for Architecture

<http://www.cca.qc.ca/>

Bring Your Own Restaurants in Montreal

<http://english.montrealplus.ca/portal/feature/6001/index.jsp>

We are more than runners!

Contributed by Roger Butt

In his youth, which was only a few years back, he was a champion on the ice. Now, he has traded his skates for a pair of running shoes and is making his mark with his partner as a half-marathoner (and soon to be a marathoner).

Can you guess who he is?





29 July to 5 August 2006

Name	Events	Date	Venues or starting point
Bill	1500 m, 5000 m, 4 x 100 m, 4 x 200 m, 4 x 400 m; 10 km road race	31 July & 2, 3, 5 Aug.	Claude-Robillard; Parc Père-Marquette
Blair	5000 m	2 Aug.	Claude-Robillard
Brian M.	Marathon	5 Aug.	Jacques-Cartier Bridge
Brian R.	Marathon	5 Aug.	Jacques-Cartier Bridge
Colin	4 km cross-country; 10 km road race; swimming	30, 31 July & 1, 2, 4 Aug.	Parc Maisonneuve; Parc Père-Marquette
David C.	Marathon	5 Aug.	Jacques-Cartier Bridge
David M.	Half-marathon	5 Aug.	Jacques-Cartier Bridge
François	Cycling	1 Aug.	Gilles-Villeneuve Circuit
Gilles	4 x 100 m, 4 x 200 m, 4 x 400 m; 10 km road race	31 July & 2, 3, 5 Aug.	Claude-Robillard; Parc Père-Marquette
Jafar	Half-marathon	5 Aug.	Jacques-Cartier Bridge
John	10 km cross-country; 1500 m, 5000 m, 4 x 100 m, 4 x 200 m, 4 x 400 m	31 July & 2, 3, 5 Aug.	Parc Maisonneuve; Claude-Robillard
José	100 m, 4 x 100 m, 4 x 200 m, 4 x 400 m; 10 km road race	31 July & 1, 3, 5 Aug.	Claude-Robillard; Parc Père-Marquette
Linda	5000 m race walking	2 Aug.	Claude-Robillard
Michael	50 m breast, 50 m freestyle; 10 km road race	2, 3, 5 Aug.	Olympic Pool; Parc Père-Marquette
Nancy	Figure skating: gold compulsory dance, gold free dance	2, 3 Aug.	Olympic Park: Maurice-Richard Arena
Paule	10 km cross-country; 10 km road race	31 July & 5 Aug.	Parc Maisonneuve; Parc Père-Marquette
Péter B.	Marathon	5 Aug.	Jacques-Cartier Bridge
Peter C.	1500 m; 4 km cross-country; half-marathon	31 July & 5 Aug.	Claude-Robillard; Parc Maisonneuve; Jacques-Cartier Bridge
Phil	Half-marathon	5 Aug.	Jacques-Cartier Bridge
Pu	Triathlon	3 Aug.	Gilles-Villeneuve Circuit & Olympic Basin
Rob	Wrestling; 10 km road race	30, 31 July & 5 Aug.	Claude-Robillard; Parc Père-Marquette
Roger B.	Figure skating: gold compulsory dance, gold free dance; 10 km road race	2, 3, 5 Aug.	Olympic Park: Maurice-Richard Arena
Roger S.	100 m, 200 m, 400 m; marathon	30 July & 1, 5 Aug.	Claude-Robillard; Jacques-Cartier Bridge
Shawn	Marathon	5 Aug.	Jacques-Cartier Bridge
Stephen	Half-marathon	5 Aug.	Jacques-Cartier Bridge
Suman	Half-marathon	5 Aug.	Jacques-Cartier Bridge
Wendy	800 m freestyle; 10 km road race	1, 5 Aug.	Olympic Pool; Parc Père-Marquette



## Upcoming running events

Sunday, 10 September  
Gloucester Half-Marathon and 5 km  
More information:  
<http://www.ncra-ottawa.com/hm/inside.php?id=265>

Sunday, 1 October  
Run for the Cure  
5 km  
More information:  
<http://www.runningroom.com>

Saturday, 7 October  
Beat Beethoven  
4 or 8 km  
More information:  
<http://www.runningroom.com>

Sunday, 8 October  
Ottawa Fall Colours Marathon  
1, 5, 10, 21.1, or 42.2 km  
More information:  
<http://www.somersault.ca/eventfallcolours.htm>

Sunday, 22 October  
Jim Howe Memorial Cross Country  
5 or 10 km  
More information:  
[Http://ncra-ottawa.com](http://ncra-ottawa.com)

Sunday, 29 October  
Ottawa Hospital Rattle Me Bones Road Race  
1, 5, or 10 km  
More information:  
[Kwoodhall@ottawahospital.on.ca](mailto:kwoodhall@ottawahospital.on.ca)

## Upcoming social events

26–27 August 2006  
Ottawa Pride Festival Weekend

We will need marchers and walkers again this year for the parade, as well as volunteers at the table for the community fair and to set up fencing. More details to follow.

## From the Editor

As always, your comments and contributions make this newsletter. Send them to José at [jmperez@sympatico.ca](mailto:jmperez@sympatico.ca).  
Next issue deadline: September 2006

## Community announcements

Elles Loisirs  
Smoke-free activities for francophone lesbians. Dances, outdoor activities, breakfasts, dinners. More information at [www.ellesloisirs.com](http://www.ellesloisirs.com) or contact Pierrette at 595-2717.

First Wednesday of every month, 7:00–9:00 pm  
Elle Twist  
café-bar-bistro Le Twist (88 Montcalm)

Monthly event for francophone women with the goal of socializing in a casual and friendly environment. Contact [Elletwist@hotmail.com](mailto:Elletwist@hotmail.com).

Friends of Vita  
Regular social gatherings for lesbians and bisexual women in their 20s and 30s. For more information contact [friendsofvita@yahoo.ca](mailto:friendsofvita@yahoo.ca).

Last Friday of every month, 5:00–7:00 pm  
Public Service Pride Network  
Various pubs/bars in Ottawa and Gatineau (Hull). More information at [www.publicservicepride.ca](http://www.publicservicepride.ca)







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

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



»ottawa [frontrunners.org](http://frontrunners.org)

Ottawa Frontrunners welcomes runners and walkers (gay, lesbian, 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.

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## Message from the Editor: José M. Perez

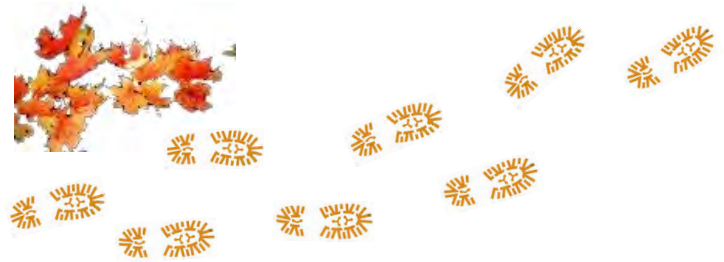


It has been an amazing summer and fall!

After 4 years of waiting, the city of Montréal welcomed the world at the *1st world Outgames* during the first week of August. I was privileged to be part of an amazing team — an extended family if you will — of fellow athletes determined to achieve personal bests (PBs) on an international stage and to live and compete under the Outgames' principles of **P**articipation and celebration, **R**espect and fairness, **I**nnovation, **D**iversity, and **E**mpowerment — in short **PRIDE!**

Aside from the competitions, we never lost sight of the fact that we were also in Montréal to have fun, to make new friends, and to celebrate life. Now mind you, our members did quite well with three gold, four silver, and two bronze medals. Congratulations!

For most of you, the Outgames was your first (hopefully, not last) exposure to a LGBTQ international sporting event. It is my hope that your experiences at the



Outgames will be with you always. It is also my hope that this newsletter will inspire other members of OFR to consider participating in the next world Outgames. See you in Copenhagen in 2009!

The spirit of the Outgames carried over into this year's Pride celebrations in late August when our Club assisted the Pride Committee in the set up of Festival Plaza, as well as in marching in the parade. When called upon, you are always there to lend a helping hand, to give back to the community; for that we, your Executive, are extremely grateful!

Our Club's spirit of helping also carried over into the *Run for the Cure* in early October, where members raised \$1830.00 for the *Canadian Breast Cancer Foundation*.

So, a big "Thank you" for the memories!



## Farewell to Elena

Contributed by Wendy Rose



After a little over a year running with the Club, we bid adieu to Elena as she begins a new career in Toronto. We will miss you greatly and wish you the very best!





# Fall Colours half-marathon and marathon (8 October 2006)

Contributed by José M. Perez

On a beautiful Sunday morning, two set out on a long trek...one running the marathon and another running the half-marathon in Cumberland. They were cheered on by others: one who had his running gear under his street clothes just in case and two others resigned to being on the sidelines (all out of commission owing to injuries), a sister, and a partner.

Running is in their blood...the long hours of training have led them to this moment. Will they rise to the challenge?

Roger in his quest to run faster and faster, working on running a sub-19:00 min 5 km, was set to run the half-marathon, while Andy, fresh from an impressive 1:33:05.9 at the Gloucester half-marathon, was posed to run his first marathon.

The air horn went off and the runners surged forward...first Andy, and then Roger, disappearing into the distance, while the three injured runners were

wishing that they too could join in the rush...but resigning themselves to a cup of hot chocolate and fresh buttered croissants.

Here comes Andy rounding the first loop...on target for a 4:30 pace...and running out again for his second loop. Here comes Roger sprinting to an amazing finish at 1:42:37.

Unfortunately, it was not to be Andy's day. With less than 5 km to go, dehydration set and he had to pull out at the 38 km mark.

However, in true form and character, Andy bounced back from this minor set back and was out running again the following Saturday, proving that running is in his blood.

You guys are an inspiration to us all!



Terry, Péter



Andy (with white cap)



Carolin, Roger, Jacques

## Run for the Cure (1 October 2006)

Contributed by José M. Perez

This is the 4th year that the Club has participated in the Run for the Cure; it was our most successful year to date, raising \$1830.00 for the Canadian Breast Cancer Foundation. We could not have done this successful fundraising event without you.

So, a big "Thank you" for your continued support and to Peter for organizing the group this year.



At the start of the run



Top: Péter, Suman, Chris, Peter  
Bottom: Roger, Eldred

## Ottawa Pride (27 August 2006)

Contributed by José M. Perez

Although it was soggy than previous Pride events, our Club's spirit was a ray of sunshine! Or was it simply the sugar rush from yet another fabulous pre-Pride parade breakfast that was generously hosted by Michael, who whipped up pancakes, French toast, sausages, bacon, and strong coffee. Others contributed juice, watermelon, and pain au chocolat.

While we marchers were running to the beat of the music from the Gay Ottawa Volleyball (GOV) float, Peter had set up the table at Festival Plaza. The volunteers were lined up to do their hour shifts and a little rain was not going to dampen the celebratory atmosphere at the site.

Thank you all for giving of your time in helping set up Festival Plaza, for marching in the parade, and for helping us to showcase the diversity within our Club to the wider LGBTQ community.

See you all next year!



Gilles, Linda, Péter, Paule, Suman



Linda, Péter, Paule



Gilles, David, Wendy



# 1st world Outgames, Montréal, Quebec, 29 July – 5 August 2006



OFR contingent



Members of OFR were asked to share their memories and experiences of the 1st world Outgames. We hope that their stories will inspire you to consider participating in future games, whether they be the Gay Games or the Outgames.

Here are some of their stories.



## Outgames reflections: Péter Balogh

En réfléchissant à mon séjour à Montréal où j'ai participé aux 1ers Outgames mondiaux, je pensais d'abord à la diversité et à la fierté. Montréal est assurément l'une des villes les plus multiculturelles au monde et bien choisie pour recevoir une si grande diversité de gens réunis pour un tel événement. Une si grande multiplicité de langues, de cultures, de couleurs, d'intérêts, d'orientations et de capacités se cotoyaient dans les compétitions et dans les rues du Village. C'est d'ailleurs au milieu de cette diversité, que j'ai ressenti un plus grand sentiment d'appartenance. Je me sentais fier de cette culture de diversité, de mon équipe Frontrunners qui m'appuie sans condition et de l'expression naissante de moi-même encore plus authentique.

Mais il y a au moins deux façons de regarder chaque expérience et bien que l'événement fût un grand succès pour le comité organisateur et pour moi personnellement, je me tiens à ne pas rester muet devant les inégalités que cet événement nous démontre. Au cours d'une compétition de natation, l'un

de mes collègues s'est exclamé: ...Nous sommes arrivés! Nous sommes fiers maintenant, peut-être qu'il n'y aura plus de raison pour avoir des événements sportifs et de fierté pour la communauté gaie et lesbienne. Je ne suis pas du tout de cet avis. Effectivement, en regardant les spectateurs assis autour de moi, je me suis rendu compte de nouveau que le groupe le plus visible qui dominait les jeux se composait d'hommes blancs des pays développés. Nos succès démontrent de façon plus saillante nos défis futurs. Si des participants aux Outgames sont venus de 111 pays différents, 81 pays n'y étaient pas représentés. Questions d'oppression, de peur, de manque, d'inégalité. Et si les Outgames ont accueillis des gens de toutes couleurs, orientations et capacités, la plupart de ces gens sont restés davantage marginalisés au sein de notre communauté lesbienne, gaie, bisexuelle et transgenre.

La diversité, oui, nous en témoignons. Mais l'inclusivité, l'égalité? Je crois que la réponse est claire. Nous avons fait beaucoup de chemin dont nous pouvons être fiers mais nous avons encore une longue route à parcourir. Courons alors, courons ensemble.





Tony, Dave, Rick from Peterborough



Nancy, Roger



**Outgames reflections: Suman Bhattacharyya**

The Outgames half-marathon was the friendliest race that I have ever completed. Throughout the course of the event, I talked to several other runners from around the world.

Plenty of Montréalers and athletes from other teams and sporting categories showed up to cheer us on, and that certainly made the distance seem a lot shorter. Though I participated more for the experience rather than to make significant strides in my performance, I finished with a personal best. It will be an experience that I will remember for years to come!



**Outgames reflections: William Bridel (Kingston, Ont.)**

**In or Out?** A few years ago, I would not have thought that I would be participating in a queer sporting event such as the Outgames even though I had been living as an openly gay male and athlete since my late teens. While it would take too much time and space to outline all the reasons why I was opposed to the idea of segregated sporting spaces, suffice it to say that a gay sporting event was not on the top of my “things to do” list. But, a couple of things changed that. Primarily, my involvement with OFR began to change my opinion and increased my appreciation of the benefits of a queer running group. Although I have never encountered any resistance as an openly gay athlete in other contexts, the social environment of OFR became a comfortable space for



**Outgames reflections: Roger Butt**

The Outgames was a deluge of so many great moments and fun times; memories of, let us see — hoisting the pink white and green, roommates, k.d., liza, Diane, no sleep, a floor full of cadets, a bar full of frontrunners, breakfasts of champions, no sleep, skating with porn stars, dancing with runners, running with swimmers, running for the Metro, no sleep, mack the knife, coach Bill, cruise director and den mother supremo José, la bottine souriante, mounting the podium, thunder and lightning, the warm glow of camaraderie, shared pursuit and laughter, and the thrill of doin’ it. Cannot wait for the next one!



me over the past few years. Secondly, listening to stories from friends who had been to previous queer sporting events also changed my perceptions to the point that I was eager to attend the event in Montréal (with more or less of an open mind!). Although there were still certain things at the Outgames that “bothered” me (again, too much time and space), overall I would rate my experience as incredible. The challenge of doing new things (i.e., sprint relays), acquiring some very pretty medals, hanging out with great friends and running peers, and (perhaps best of all) meeting fantastic new people (yes, one in particular!). All that being said, I have already started saving for Copenhagen and will be encouraging some of my queer and queer-friendly athletic friends to do the same.



The gang at the accreditation centre



Colin, Rob



**Outgames reflections: Pu Chen**

I had a surprise when I checked the athletes list. I was the only guy from Ottawa to participate in the Olympic standard triathlon. I was expecting to see Gilles, Bill, and Dick.

Having participated in only one Olympic standard triathlon a month before, I was still a bit nervous about the whole thing. And this time, there would be no wetsuit. Am I ever going to finish the swimming? That buoy looked incredibly far away. Not knowing anyone did not help either. I was surrounded by super fit athletes from all over the world, 136 of them.

The atmosphere started to change when I started to chat with my neighbour, a guy from Toronto. It was such a beautiful day. The thunder storm the night before had lowered the temperature. The sky was pure, like in the

beginning of the time. Looking at the calm water surface, I smiled to myself, thinking about the long journey that I went through to be here, to participate in this incredible event. I really did not care whether or not I finished; finishing was not the point.

The race went very well. Biking was a bit tedious. It went around the racing track nine times. I was afraid that I would lose track of how many times I had gone around. In the running part, I was finally able to greet some of my fellow athletes who I had passed or who had passed me.

When I passed the finish line, the crowd went wild. I was so happy to discover Paule and her partner Linda where there, cheering me across the finish line. After a long journey, the sense of accomplishment was remarkable. It felt good!



**Outgames reflections: Peter Cho-Wing**

**Memories!** Daydreaming at work about my races — stuffing clothes and shoes in travel bags — getting on the highway and driving towards Montréal — conversation pieces —

trees fly by — arrival at the residence — administrative duties — official registration and camera going click, click — pass issued — more pics — flashing “how happy I am to be here at the Outgames” smile — dining out in the Village — men, women, and more men and women parade along the strip — meeting and greeting team members; alas, the BIG O welcomes us — lights, camera, action, wow, unreal — **ROAR** — **ROAR** — **ROAR** — crazy —

— **SUDDENLY**, it is race day — scramble to get there on time — chat with other runners — as if it will be just another Saturday run — on your marks, get set — off we go — cannot believe that I have been daydreaming about this — breathe, breathe, relax, focus — great runners in front and behind, everywhere — stay strong, feel the fresh air, the sun’s warmth, the sound of breathlessness, echoing cheers — allez, allez — ne lâche pas — faster, stronger, stay composed — go, go, go, go — crossing the finish line relieved, happy, feeling free but fatigued —

— darkness envelopes — dance and enjoy the sounds and sights of athletes from all corners ~ senses under attack — overwhelmed — disconnect — connect —





Tony, Dave, Rick (Peterborough);  
Bryan, William (Kingston)



Roger and the women's hockey team  
from Newfoundland



Phil, Brian

(Continued from page 7)

stolen moments of intimacy — camaraderie — wake up...suddenly, it is Sunday and time to leave — pack and say “au revoir” to Montréal — start engine — ready, set, go — conversation pieces — trees fly by — one gas station, two gas stations, three gas stations — home sweet home — open the front door, drop bags — the summer breeze fills the living space — laying on the bed I drift away — mental snapshots all become distant, etched memories.



Michel (Calgary), Bryan (Kingston)



### Outgames reflections: Michael Cooper

Personal best in all my events! In one case by 0.03 s, but I will take it! I was really struck throughout the week by the atmosphere of friendly competition. People wanted to win, but by building themselves up, not by taking other people down. For most of us, the competition was not for placement but to do one's best, and no matter what your level, you belonged. As the kid who hated gym class, I never thought that I would find an athletic event so enjoyable. Furthermore, I was stimulated to push myself farther than I usually do. This combined with being in Montréal during Pride week made for an intense and exciting week!



### Outgames reflections: François Dion

Getting to the starting line of any race is always exciting! But with all the camaraderie built during the week of the Outgames, it felt magical and very supportive! These were busy days for me with three races on the bike, 1 day of giving back to the event volunteering at Parc Jean-Drapeau and the marathon's 21 km race! But even without any medal, I am proud of my two person bests and my placements. I will be looking forward to seeing you all again in Calgary next Easter!





Linda (gold, 5000 km race walk)



John, William, Blair



### Outgames reflections: Nancy Jean

Semaine remplit d'émotions et de beaux moments ou plaisir, amitié, esprit d'équipe et entraide étaient au rendez-vous. Expérience inoubliable!

Week filled with emotions and wonderful time where I experienced friendship, joy, fun, and great team spirit. Unforgettable week!



### Outgames reflections: Blair Johnston

**What more could go wrong? A bronze for endurance!** Having run in the Gay Games in 1990, 1994, and 2002, I was looking forward to running the 5 km race in these 1st world Outgames. The Opening Ceremonies were

high energy, but first we had to deal with a dog-sitter no-show back in Ottawa. Then, the day before the race, I managed to drop a glass bottle on my bare foot trying to stop it from hitting the kitchen tiles, stubbed my toe on a step, and forgot my running shoes (with my new orthotics) in Ottawa in the rush to return to Montréal in time for the 5 km race. Boy, did I feel like a klutz!

jinxed. When the gun started, my objective was just to finish the race. And then I heard the cheers and shouts of encouragement from the Ottawa Frontrunners in the stands. Did that lift my spirits. It put a bit more spring into my shuffle. Each noisy pass of the stands gave me a shot of energy to get me around the next loop. When I finished, I felt very good knowing that I had such a great group of groupies.

Then, on arrival at the track, I discovered that I was not listed as a runner despite registering on World Registration Day on 13 November 2005. Fortunately, I had all the paperwork to prove my registration. I was beginning to think that this was a race that would be

But the final silliness was yet to come. Through another clerical error, my entry was not communicated to the main office so that in the initial results, I was listed as a DNF (did not finish). AHHHHHHH!!! More fun and games. The photo-finishes were requested and I was finally confirmed as completing the 5 km. But there was a bonus. Once the results were re-shuffled, I did win the bronze in the 60–64 age category out of the five entrants. But this was long after the ceremonies and presentations. Most had gone to lunch to prepare for the afternoon's competition.



Bryan (silver, 400 m hurdles)



Brian, Nancy, Mark, and Roger at Viger Square

(Continued from page 9)

I have been running races for over 40 years. I recognize this bronze as a medal for life-long endurance and not superior athletic ability. Nevertheless, the sweetest moments were hearing the cheers of my peers as I ran

past the stands in those long, long laps in my street runners.

Thanks to all.



### Outgames reflections: Gilles Lafleur

**Ce n'est qu'un nom...**Le plan était simple. Crier le nom de celui à qui vous passez le bâtonnet afin qu'il commence son accélération pour ensuite, exécuter le transfert du bâton dans la zone de transition.

Comment prédire que sous des conditions de compétition, le nom d'un copain peut devenir si complexe? Cause d'anxiété ou même un manque d'oxygène aux organes vitaux?

Je prends ma décision et je crie John! Alors voilà que le coureur se tourne confus. C'est bel et bien à Bill qu'il faut que je passe ce sacré bâton!

Nous échangeons le bâton et aussitôt fait, il décolla pour faire sa part, son 200 m.

En soirée, nous avons bien rit des événements qui se sont produit cette semaine là, assis autour de la table de cuisine avec du vin à volonté. Est-ce que je vous ai raconté que José a trébuché sur la piste au relais de 400 m? Cela sera pour la prochaine fois.

Bon souvenir ces Outgames...

Alors me voici, le pistolet déchargé courant mon 200 m à plein souffle. Durant ces 40 s, j'étais conscient et intimidé par les athlètes qui courait avec moi, à ma droite et à ma gauche. Pas longtemps après, j'arrive à 150 m et je m'approche de mon coéquipier, le deuxième coureur.

Au moment de vérité, où il fallait crier le nom de la personne à qui on passe le bâton, un blanc de mémoire m'est venu. Qui est cette personne devant moi...est-ce John, peut-être Bill? Je ne le reconnais pas de dos, la nuque du deuxième coureur me dit rien...ridicule!





Blair (gold, 5000 m)



Wendy, William, and John at Viger Square



**Outgames reflections:  
Bryan Lambert (Kingston, Ont.)**

**The 1st OUT-Standing GAMES!** When registering for the Outgames over a year ago, I did so with a chuckle, a grin, and the hope that there would be enough people at the track to at least fill a heat in my event. However, upon arriving at the track that first morning, I stood and looked out at my fellow athletes and could not help but feel overwhelmed that I had finally found a place where I could be my athletic self. I was no longer embarrassed to talk about long runs, carbo-loading, and wind sprints. Could it be possible that there were other queer athletes who knew how to do sprint drills, warm up, and stretch? Apparently so!

From the moment I arrived in the line to enter the Olympic Stadium, to the instant where Liza belted out “New York, New York”, I



**Outgames reflections: David Matarasso**

For me, the Outgames was less about the events and more about the city it was held in. It is also about the sentiments that a large gathering of the GLBTQ community provoked for me.

As many of you know, Montréal is my birth city. Sadly, Montréal is symbolic of my closeted years. As part of a community that was not particularly

experienced a myriad of emotions: pain, joy, and relief. I am even happier that I was able to share this with the many people that I met during the week. My thanks to the Ottawa and Peterborough Fronrunners who adopted me into their open arms and provided the encouragement and support that made the Outgames a personal success for me. It will not be possible to forget the participants and spectators from all over the world that I met, befriended, and shared these emotions with over the week of the Outgames.

While I feel that the Outgames were a re-defining event in my life, it is with a touch of sadness that I cannot come close to doing it just each time that I try to explain the Outgames to my friends and family. I feel that each and every one of us that attended the Outgames was privy to a glimpse of something truly wonderful.

open to diversity, I left Montréal feeling the need to break away. The Outgames brought that circle to a full close in ways I never would have imagined. I was touched by strangers who stopped me on the Metro to wish me luck and congratulate me for participating. I was touched by the significance of Mark Tewksbury’s comment during the opening ceremonies where he described how he no longer felt alone (as a gay man) in the world of athletics. And finally, I was marked by how open and welcoming Montréal has become. I could not ask for more.





Waiting for the start of 4 x 400 m relay



Gilles, John, José, and William after 4 x 400 m relay



**Outgames reflections: Brian**

OFR was the first group that I joined as I was dealing with “coming out”, a time that was stressful, but, calming, knowing that I had friends from the community for support.

Thanks!!!! It was only a few months later when we were planning for the Outgames, a momentous time for me. Move forward almost 2 years, I had the time of my “new life”. A friend said at the closing ceremonies, “There is nothing left in his closet!” FUN and SPORT a great combination!



**Outgames reflections: José M. Perez**

What an amazing week! Reflecting back, these Outgames were the best yet. As I was an athlete in the Gay Games in 1994 and 2004, I was not a neophyte when it came to large GLBTQ sporting events. However, I was still not prepared for the emotional highs that I experienced during the week in Montréal.

of the other athletes and the talent in the field.

What made the Outgames even more special was that I was able to share the event with all of you...from being the den mother/Tia to some of you at the Université de Québec à Montréal residence to marching with you during the opening and closing ceremonies at the Olympic stadium to competing in the track and field events and just hanging out with all of you...these are the moments that I will cherish.

Well, all doubts were erased when Linda set the mark for our Club by winning a gold in the 5000 m race walk event! We were here at the Outgames after months of training, ready to do our best.

The pivotal moment for me was when the relay squad, consisting of William, Gilles, John, and myself, arrived at the track and field venue to practice that first Saturday. We were all nervous, as it had been years since any of us had run any track...I still remember the words “What are we doing here?” being uttered during the first day of the track and field competition at the sight

Doubts were put aside at the start of the 4 x 400 m relay event and I was focused on the task at hand...200 m to go...100 m...50 m...30 m...oh oh...thighs wobbling...where is the finish line and John...stretching the baton out to John’s hand...then making contact with the track...hearing the crowd go “O-U-C-H! ...OOOOHHH!”...crawling off the track...William twirling the baton during his final 30 m to the cheering of the crowd...meeting up with the guys afterwards and laughing off my mishap, which served to calm all of our nerves and was a source of much laughter and amusement for all of us for the rest of the week, and it served to remind us that we were also in Montréal to have fun and not to take the competition too seriously.

Thank you all for making the Outgames so memorable for me, for putting up with my “mothering”, and I look forward to seeing you in Copenhagen in 2009.



Nancy and Roger, our figure skaters!



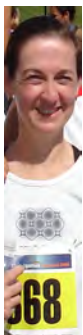
Serge, Karine, Nancy, Grant



### Outgames reflections: Brian Ray

Picking and choosing among memories from the Outgames is an enormous challenge. Of course, I do not think that I will ever forget the shivers that went up and down my spine when we walked into the Olympic stadium and saw that many thousand people in the stands and on the field. We know our community is big and proud, but the spirited and enthusiastic welcome from so many people was overwhelming in the best possible way. Personally, however, the highlight from the Outgames will always be the marathon and the people on the streets who

encouraged us to the finish. There were many stretches of the route where people were few and far between, but those folks who were there — from old ladies who have lived in the Faubourg St Jacques their entire lives to boys dancing to disco tunes in Old Montréal — could not have been more supportive. They knew who was running through the streets of the city that Saturday morning and were unambiguous in their support. The organizers of the Outgames did a wonderful job at putting together an enormously exciting event, but the openness and generosity of spirit that Montréalers shared with us as we ran will remain with me forever.



### Outgames reflections: Wendy Rose

**Call of nature!** So after months and months of training, after many battles with management to get time off work, after much support and organization by some fellow Fronrunners to get me there, where was I when the 10 km road race started? Well, I was in the bathroom.

Fifteen minutes before the race was to begin, I decide that I had better empty my bladder because I had been keeping myself very well hydrated, only to find myself at the end of a very long queue. There were only two stalls for the female runners. I did check out the guys' line up, but it looked equally as long. So there I was in the bathroom when I heard the gun go off, so I came out running full tilt across the park to get to the start line, but I was greeted with the sight of no runners. I

continued running at full tilt, all the while thinking “wait for me”. At about half a kilometre, I realized that my heart was pounding and that I needed to slow down to my normal running pace if I was ever going to finish this 10 km race.

As I got into my normal rhythm of running, I managed to catch up to several runners. I found that the run was going by very easily, that the spectators and volunteers clapping and wishing you well as you went by helped to keep me feeling very positive. And then to have your team mates calling your name as you got close to the finish line was an absolute emotional high!

So, after this experience, I have made a mental note to check out the bathroom facilities half an hour before the start of the next 10 km road race at the 2nd world Outgames in Copenhagen in 2009.





Roger, Jacques



Roger's cheering section: Scott, Donna, Noah, Andrea



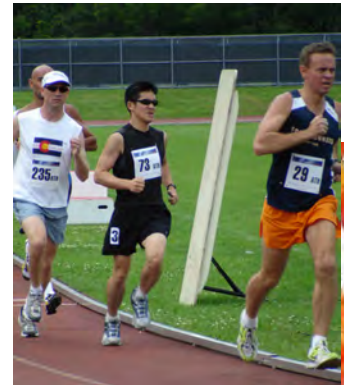
José, William, Roger, Gilles



Patricia Neil Warren,  
author of the Front Runner



Lucky charm!



John, William, and Peter running in the 5000 m



### Outgames reflections: Roger St. Denis

Being part of the 1st world Outgames was breath taking. It was very emotional for me, for my dream had come to life.

At the opening ceremonies, as we walked into the Olympic stadium as Team Ottawa Équipe, I was in "awe". The lights, noise, applause, people, and more people. I never knew how big the stadium really is. "It is huge!"

In the track and field events, which I was participating, the athletes were very polite, courteous, friendly, and

very competitive. My dreams of winning a medal did not happen, but it was the best experience that I had in competition and under pressure. I learned plenty from these elite athletes from around the world.

I was touched to see my two sisters, brother, niece, and nephews there cheering me on and giving me courage at every event. My spouse, Jacques, was there 24/7, being very supportive and loving. I would have been lost without him. He kept my nerves intact and calm.

I am "so" looking forward to competing in Calgary at the 1st north american continental Outgames next April 2007 and in Copenhagen at the 2nd world Outgames in 2009.





**José, Mark**



**At the International Frontrunners' social, Le club sandwich**



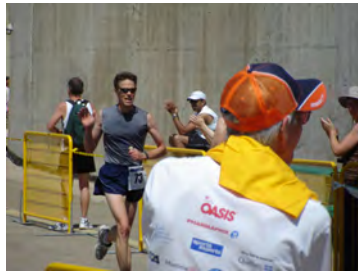
**Paule, Gilles, Linda, Nancy, Roger at the start of the 10 km road race**



**Paule (gold, 10 km road race)**



**José at the 100 m semi-final**



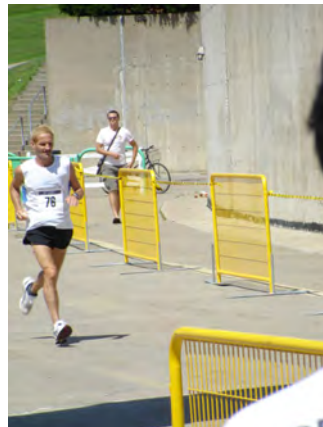
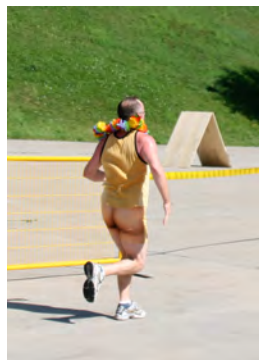
**Brian R. finishing the marathon**



**Daniel, Dave, Shawn**



**François**



**Brian M. and Roger finishing the half-marathon and marathon, respectively**



**Péter (bronze, 10 km road race),  
William (silver, 1500 and 5000 m)  
Bryan (silver, 400 m hurdles)**



**OFR contingent at the closing ceremonies at the Olympic stadium**

## Upcoming running events

### 1. Cookie Run 2006

Fundraiser for the Girl Guides of Canada — Carleton East Division Travel Group

- Date: Saturday, 4 November
- Time: 10:00 am (1.5, 5, and 10 km)
- Location: Carson Grove Public School, 1401 Matheson Road
- Cost: \$15.00 (before 22 October; \$20.00 from 23 October to 3 November; \$25.00 race day)
- More details available at <http://www.events.runningroom.com/site/?racelid=2567>

### 2. Santa Shuffle 2006

Fundraiser for the Salvation Army Christmas appeal

- Date: 2 December
- Time: 10:00 am (5 km)
- Location: Dows Lake
- Cost: \$15.00 (up to 29 November)
- More details available at <http://www.events.runningroom.com/site/?racelid=2447>

### 3. Resolution Run and Walk 2006

Start the New Year on the right foot!

- Limited entry: 1000 runners
- Date: 31 December
- Time: 6:30 pm (5 and 10 km)
- Location: Colonel By Drive at Pretoria Bridge
- Cost: \$40.00 (before 1 December; \$45.00 from 1 to 26 December; \$50.00 from 27 to 31 December)
- Note: registration includes a free technical vest and runner's cap
- More details available at <http://www.events.runningroom.com/site/?racelid=2311>

### 4. Richmond Road Races 2007

- Date: 15 January
- More information to come

### 5. St. Patrick's Day Run 2007

- To be announced



Carbo-loading: Nancy, Roger, Bryan, William

### 6. 1st north american continental Outgames 2007

Join fellow North American athletes in celebrating sport in conjunction with the Western Cup sports tournament

- Sports: badminton, bowling, curling, ice hockey, running (5 km, 10 km, half-marathon), squash, swimming, volleyball
- Dates: 18 April
- More details available at <http://www.calgary2007.com/OutGames.asp>

### 7. National Capital Marathon Ottawa Race Weekend 2007

- Dates: 25–27 May
- Times:
  - ▶ 5:00 pm (5 km) and 6:30 pm (10 km) on Saturday, 26 May
  - ▶ 8:30 am (marathon) and 10:30 am (half-marathon) on Sunday, 27 May
- Location: City Hall
- Cost:
  - ▶ Marathon: \$75.00 (up to 15 February), \$85.00 (16 February – 30 April), \$95.00 (1–24 May)
  - ▶ Half-marathon: \$45.00 (up to 15 February), \$55.00 (16 February – 30 April), \$65.00 (1–24 May)
  - ▶ 10 km: \$30.00 (up to 15 February), \$40.00 (16 February – 30 April), \$50.00 (1–24 May)
  - ▶ 5 km: \$20.00 (up to 15 February), \$25.00 (16 February – 30 April), \$30.00 (1–24 May)
  - ▶ 2 km: \$15.00 (up to 15 February), \$20.00 (16 February – 30 April), \$25.00 (1–24 May)
- More details available at <http://www.ncm.ca/>



## Upcoming social events

### 1. Tone Cluster

- Upcoming concerts:
  - ▶ Sunday, 3 December 2006 at 3:00 pm at First Baptist Church
  - ▶ Saturday, 27 January 2007 at 8:00 pm at Bronson Centre
  - ▶ Saturday, 24 March 2007 at 8:00 pm at St. John the Evangelist Anglican Church
  - ▶ Sunday, 3 June 2007 at 3:00 pm at First Unitarian Congregation of Ottawa
- More details available at [http://www.gaycanada.com/tonecluster/2006\\_2007.html](http://www.gaycanada.com/tonecluster/2006_2007.html)

### 2. OFR 4th Anniversary Celebration

- We are planning a supper and possibly a night dancing in mid-January 2007 to celebrate our 4th anniversary. We welcome your ideas and input.

Contact José at  
[ofr@ottawafonrunners.org](mailto:ofr@ottawafonrunners.org)

### 3. Ottawa Pride Festival

- To be announced



OFR contingent post 10 km and half-marathon

## Community announcements

### Elles Loisirs

Smoke-free activities for francophone lesbians. Dances, outdoor activities, breakfasts, dinners. More information at [www.ellesloisirs.com](http://www.ellesloisirs.com) or contact Pierrette at 595-2717.

First Wednesday of every month, 7:00–9:00 pm

### Elle Twist

café-bar-bistro Le Twist (88 Montcalm)

Monthly event for francophone women with the goal of socializing in a casual and friendly environment. Contact [Elletwist@hotmail.com](mailto:Elletwist@hotmail.com).

### Friends of Vita

Regular social gatherings for lesbians and bisexual women in their 20s and 30s. For more information contact [friendsofvita@yahoo.ca](mailto:friendsofvita@yahoo.ca).

Last Friday of every month, 5:00–7:00 pm

### Public Service Pride Network

Various pubs/bars in Ottawa and Gatineau (Hull). More information at [www.publicservicepride.ca](http://www.publicservicepride.ca)

## From the Editor

As always, your comments and contributions make this newsletter. Send them to José at [jmperez@sympatico.ca](mailto:jmperez@sympatico.ca).



Gillies, John, Wendy





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

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



» **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 3, issue 4 | Winter 2006

# Message from the Editor

Contributed by José M. Perez



Wow! Another year has come and gone. This has been a busy year for the Club. Upon reflection, as one often does at this time of year, the highlight must certainly be the Outgames in Montréal this past summer.

The Outgames for me was more about sharing the experience with you all — of that moment when we walked into the Olympic Stadium as a team, the train ride to the opening ceremonies, watching you compete in your specific disciplines, and other great memories.

We showcased to the world the vibrancy of our Club, of the multi-talented group of men and women who make up the Ottawa chapter of the International Frontrunner community.

We should all take a moment to reflect back on our individual and collective achievements this past year, as we all deserve a round of applause!

Merci beaucoup à tous!

# Happy 4th anniversary!

Contributed by José M. Perez



Can you believe it! Four years ago our little club was reborn!

I still cannot believe that I got talked into joining the club after volunteering with José at the Rideau Speedeaus' swim meet in February 2003. He

sounded very convincing, although I found it hard to believe that he and others would run in the dead of winter in Ottawa!

We have accomplished so much over the years — our first pride march in August 2005, our constitution and by-laws in June 2006, and the Outgames in Montréal in August 2006.

I think I can safely say that we look forward to our weekly runs because of the camaraderie, the friendly competition, and our common love of running, but most importantly, because of the people who



have made this club a vibrant part of the gay, lesbian, bisexual, transgendered, and queer community of Ottawa.

## Inside this issue:

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Happy 4th anniversary!	2
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Rattle me bones!	4
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# Club milestones

Contributed by Shawn Murphy and  
Michael Cooper



**Pre-2003 (mid- to late 1990s):** A small group of runners met at Minto Park to run various distances.



**11 January 2003:** At 8:30 am, OFR was revived with a small group of runners meeting once again at Minto Park. The small band of runners was led by Shawn Murphy, who convinced several runners he had met in Australia at the Gay Games (November 2002) to reform OFR.

The core values of the group then and now are to be welcoming to all, regardless of ability, and to never have a single runner running alone.

**5 October 2003:** Began the tradition of participating in the *Run for the Cure* as a group, to date raising over \$4000.00 for the Canadian Breast Cancer Foundation.

**26 October 2003:** Began the tradition of participating in the *Rattle Me Bones* as a group.

**6 December 2003:** Began the tradition of participating the *Santa Shuffle* as a group.

**January 2004:** Celebrated the Club's first anniversary.

**May 2004:** Began the OFR quarterly newsletter with volume 1, issue 1; the newsletter was redesigned with volume 2, issue 1 in April 2005.

**29–30 May 2004:** Began the tradition of participating in the *National Capital Marathon* race weekend as a group.

**December 2004:** Released the new logo and placed our first order of t-shirts.

**December 2004:** Joined the *Gay and Lesbian International Sports Association (GLISA)*.

**January 2005:** Celebrated the Club's second anniversary.

**March 2005:** Launched the OFR Web site prior to the Club's appearance on the CBC's programme GO.

**May 2005:** Formalized the Executive at the AGM, with Michael and Patricia as co-chairs, Peter as treasurer, and Eric and José as Members-at-large.

**August 2005:** Marched in the Ottawa's Pride parade as a group. Special recognition to all who contributed in the effort leading up to the pride.

**June 2006:** Ratified the Club's Constitution and By-laws by members.

**July–August 2006:** Approximately 30 members attended the first world Outgames in Montréal; sports included athletics, cross country, cycling, figure skating, road races (10 km, half-marathon, marathon).

**September–October 2006:** Launched the redesigned OFR Web site.

**January 2007:** Celebrated the club's fourth anniversary.

**April 2007:** Two members attended the first North American continental Outgames in Calgary.



# Santa Shuffle

*Contributed by Wendy Rose*



It was a cold and icy December morning when five courageous souls braved the elements to run this 5 km event; the route had to be changed, as footing around the Arboretum was icy and slippery.

We were not alone, as there were over a hundred other runners participating in this event. Despite the conditions, we had a great time!

Boy...that coffee and breakfast at Carmello's after the run was what we all needed to warm up.



# Rattle me bones!

*Contributed by Roger St. Denis*



It was a cold, windy, and wet October morning...we must be crazy to be running in this weather! Jacques, Terry, and José joked at one point about snow, and sure enough, a few flakes fell while I was nearing the finish of the 5 km run.

Even though it was cold, a few of us still braved the elements and ran in shorts, hanging on to the last vestiges of the warm fall that we had this year and in denial of the fact that winter would soon be upon us!

Everyone posted great times in their respective races. It is great to be part of a group of such talented runners.

May we all have an injury-free winter!





# 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: 819-595-2717

**Gay Ottawa Volleyball:** 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. 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 outdoor. 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:** The OGHA is a non-contact organisation and is welcome to anyone! AHGO est un organisme sans contact et qui est la bienvenue 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.

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)

(Continued on page 6)





(Continued from page 5)

**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 a 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: 613-828-1382





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)).