



» **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 4, issue 1 | Spring 2007

Spring-time message

Contributed by Suman Bhattacharyya



I remember back to the mid-April snows outside our windows: it was easy to put off training. I sure have! An exciting season of races and other running events is now upon us, including the flagship event for our club, the National Capital Marathon race weekend, which took place at the end of May.

But getting out there and running clearly has not been the only reason to come out. It is important to take stock of what we have achieved over the past 4 years. The club has forged a strong sense of community among GLBTQ runners and friends in the National Capital Region. We have nurtured and built a consistent network of GLBTQ runners, social, and community events over the years. Our coffee breaks and breakfasts following regular runs have been an important meeting place for the community. We have forged strong links with other Frontrunner groups and community organizations too, including the Rideau Speedeaus, Ottawa Gay Hockey Association, and Gay Ottawa Volleyball, as well as others with a wider reach, such as the Pride Committee, the LGX, the AIDS Walk for Life, and the CIBC Run for the Cure, to name a few. We have revamped our Web site. And lad but cer-

tainly not least, last summer, we sent an impressive contingent to the 1st World Outgames where members persevered in achieving personal bests in a variety of events.

While we can certainly feel proud of what we have accomplished over this short time, there are important challenges that we will need to continue to address. Although we have been making inroads in reaching out to a wider cross-section of the community, we need to reach out to those segments that remain under-represented, including women, young people, and visible minorities. At this **year's AGM, we welcome your feedback on how we can reach out to these target groups to enrich our membership base and to improve our visibility.** We also need to ratify updates to our constitution, nominate and vote for members of the Executive Committee, and discuss our potential activities for the group. We encourage members to attend this meeting and contribute to the discussion.

Wishing you a successful season for 2007!

Tips for spring running!

Contributed by Shawn Murphy



For runners, the arrival of those first spring days is freedom — from wearing layers of clothing, running on uneven and icy footing, and trying to stay motivated during those short and cold winter days.

As welcome as spring is, runners have to be careful not to overdose on the freedom that comes with it. Ironically, spring is the season when running injuries can most often occur. That first taste of warm air and sun inclines us to go out too fast. And if **we've been training all winter for a spring race, our bodies** may be more tired than we realize.

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Here are five easy tips to remember to minimize spring injuries and enjoy the season:

1. **It may not be as warm as you think.** Compared to $-25\text{ }^{\circ}\text{C}$, a spring day with temperatures of $5\text{ }^{\circ}\text{C}$ or $7\text{ }^{\circ}\text{C}$ seems balmy. But leg muscles can still get cold. You might want to keep wearing the running tights until the weather is warm enough to shed them. Use your own judgment.
2. **It's never too early to wear sun screen.** As spring rolls around, the sun gets strong quickly and can take you by surprise. You do not want to burn on our first or second outing.
3. **Stay hydrated.** It is easier in winter to stay hydrated. Spring temperatures are more challenging on the body. Drink plenty before and after your run. You will avoid muscle injuries if you stay hydrated.

4. **Stretching is important in every season.** If you just cannot help yourself and feel you have to run faster and longer on a nice spring day, stretching before and after will help minimize injuries. If you are training for a spring race, the last thing you want is to hurt yourself 4 or 6 weeks before the event.
5. **Mix it up.** In winter, runners are limited to the path along the canal and running on the safer streets. Ottawa is one of the most beautiful cities anywhere for running. Try out the paths along the Ottawa River. If you are running long, the network of paths and trails will give you all the distance you are looking for.



St. Patrick's Day run

Contributed by Terry Godbold



The weather for St. Patrick's Day can be quite unpredictable. It might be sunny and warm, or $-7\text{ }^{\circ}\text{C}$ with snow on the ground as it turned out this year. That did not stop the many participants from dressing up for the occasion in suitable green attire. Which only

makes sense, since the run is in aid of the Ottawa Irish Rugby Club.

When we arrived at Immaculata High School, there was quite a crowd already assembling in the gym. José was there, camera in hand, to get us together for a group photo before the run.

Peter and Roger were running in the 5 km race, which started at 9:00 am and ran down Colonel By Drive to Seneca and back. There was snow on the course from the previous night; however, by the time they and the other 250 people who ran it were done, they had kindly cleared a bit of a path for the 10 km group that followed.

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Daniel, Natalie, Andy, Catherine, and I were part of the 385 who lined up for the start of the 10 km race. It felt good to be part of a group whose members were all running at their own speed, but with a common purpose of having a good run and enjoying the day.

After the run, we headed back into the gym for some much appreciated refreshments and a chance to meet up with everyone else.

These smaller races are a great way to get some experience running in a timed race. They also can give our training a boost by adding some excitement to a running schedule that can sometimes be routine. Think of it as a social event where you get some exercise and the money goes to support a good cause. There is the added benefit that they usually feed you afterwards as well!



Stars on ice! — Canadian Adult Figure Skating Championships (Calgary, Alberta, 24–26 March 2007)

Contributed by Nancy Jean and Roger Butt



Calgary a été une expérience inoubliable! Quelques amis qui avaient participé aux **Outgames étaient présents, c'était de belles retrouvailles. C'est toujours inspirant d'être en présence d'adultes patineurs** qui relèvent de beaux défis personnels peu importe leur âge.

Nous voici, avec un nouveau programme à patiner, c'est la première fois qui est exécuté devant les juges ... la nervosité était au rendez-vous mais le public était formidable avec leurs encouragements. Quelle fierté d'avoir réussi!

Being in Calgary was just wonderful! Some skating friends who had participated in the Outgames were also present; it was like a reunion. It is always great to be with adults who pursue same goals and who do not let their age stop them from doing what they love doing!

There we are, with a new program, performing it for the **first time in front of judges ... pressure was there, but so** was the wonderful crowd who helped us with the encouragement. What a feeling of accomplishment when it was over! I cannot wait for the next time!



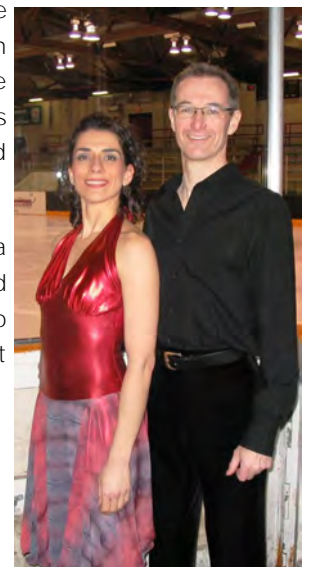
Nancy and I were delighted with our second-place finish in the free dance event at the Canadian Adult Figure Skating Championships in Calgary, 24–26 March.

This was our second appearance at the Canadian Nationals, and Calgary proved to be a terrific host city, putting on a very well-organized and fun event. We presented, for the first time, our new free dance program, choreographed to Sans Toi, a tango written by Rene Dupere and featured in the Cirque du Soleil show Delirium.

The event brought together some 130 adult skaters from across the country, including about 10 from Ottawa. Approximately a dozen of those skaters, including Nancy and I, will go on to the International Adult Competition in Oberstdorf, Germany, in late May to compete with skaters from Europe, Australia, Asia, and North America.

We would like to thank Ottawa Frontrunners for the support and good wishes prior to heading to Calgary and for sending excellent karma while we were there.

Merci infiniment!!



1st North American Outgames (Calgary, Alberta, 1–8 April 2007)

Contributed by François Dion and Roger St. Denis



Ce fut une décision de dernière minute ... **Je me suis acheté un billet d'avion à la fin mars** et le mercredi, 4 avril, je me suis envolé vers Calgary pour les Outgames Amérique du nord.

I had booked a simple room in a bed and breakfast downtown. It was going to be my base for exploring the city on foot.

Thursday was going to be a fun day: getting organized! I made my way to the Westin Hotel for the registration, picked up my well-stocked kit, signed up for some volunteering the next day at the hockey arena, and bought tickets to the various performances and parties!

Avant de retrouver les autres coureurs à The Old Spaghetti Factory pour le souper de pâtes traditionnel la **veille de notre course**, j'ai profité de mon vendredi pour voir les compétitions de hockey, de natation et de badminton, toutes bien organisées mais pas très courues.

As for running the 21.1km race Saturday morning, I must admit the conditions were not the friendliest. After several cold, snowy days, it was still only -5°C and windy by the time we took off at 9:30 am. Icy patches and elevation were my other enemies. Still, I did a personal best **with a time of 1:35.3 and placed 2nd in the men's 30–39 category**.

But truly, I will remember the nice people of Calgary, the socials, and the other participants who made this event most pleasant. I am seriously considering going to Philadelphia next summer for the 2nd North American Outgames and onto Copenhagen in 2009 for the the 2nd World Outgames! I hope to be able to attend with all of you as Ottawa Frontrunners and Team Ottawa members!



Editor's note: As a result of a computer crash, I lost Roger's contribution regarding his experience of the 1st North American Outgames. My sincerest apologies. However, it should be noted that Roger did very well in the 5 km event, winning his age category and placing 3rd overall.

5 km result: Rogers' gun time was 22:12.3 (chip time 22:09.3) and he was 3rd overall and 1st in the men's 40–49 age category.

Half-marathon result: François's gun time was 1:35.18.0 (chip time 1:35.12.6) and he was 4th overall and 2nd in the men's 30–39 age category.

Félicitations / Congratulations

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Upcoming running events

Contributed by Andy Neilson



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/

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

Note: Proceeds to the CNIB

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

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



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/

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/rl_ottawa.asp

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

Upcoming social events

Contributed by Terry Godbold



Capital Pride: 17–26 August

OFR 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 marking 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

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

URL: www.gayottawa.com/web/gayottawa/main.html

Community information



For more community information, visit
www.gayottawa.com/web/gayottawa/main.htm

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E-mail: GOV@rogers.com
URL: 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
URL: 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
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
URL: 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
URL: 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
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E-mail: rmeagher@istar.ca
URL: www.outgolfinggroup.com
Phone: 613-565-1967

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E-mail: nsoucy@freenet.carleton.ca
URL: www.pinktriangle.org/pts_site/Eng/obwdg.html

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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/

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URL: 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
 URL: 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
 URL: www.timeouthikingottawa.ca
 Phone: 613-828-1387

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Ottawa Frontrunners supports the Gay and Lesbian International Sport Association (www.glispa.org).

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



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Volume 4, issues 2, 3, and 4 | Summer, Fall, and Winter 2007

2007 in Review

Contributed by José Mari Perez



What another fantastic year for Ottawa Frontrunners! A big round of applause to everyone.

This combined summer, fall, and winter issue is a photo-retrospective of the club's activities in 2007.

In late September, members ran in the CIBC Run for the Cure, and individual members raised funds for the Canadian Breast Cancer Foundation.

In late October, members ran in the Rattle Me Bones. We had more members participating this year ... maybe it was because of the warm chilli and the hot chocolate that was served after the run that drew us out! Although the temperature was chilly, as winter was just around the corner, we had a few brave souls running in shorts!

In early December, members celebrated the beginning of the holiday season with the Santa Shuffle. The tolling of our bells paved the way, while we struggled with the pompoms at the tips of our Santa hats!

I think I can safely say that all our members had a great year! Enjoy the look back at our achievements!

In mid-April, the club participated once again in the Lesbian and Gay Expo organized by Capital Xtra. The Expo is just one of the venue where we showcase our club to the wider gay, lesbian, bisexual, transgendered, and queer (LGBTQ) communities. It is also an opportunity for us to build contacts with other LGBTQ groups.

In late May, members ran in the National Capital Marathon Race Weekend. Many of the members posted personal bests during the 5 km, 10 km, half-marathon, and marathon events, and we celebrated afterwards with our annual post-race barbeque.

In mid-August, we enjoyed a fun-filled afternoon and evening at Roger and Jacques's place for a mid-summer barbeque. Roger et Jacques — Merci pour la générosité!

In late August, members ran in the Ottawa Pride Parade and staffed a table at festival plaza. We saw a lot of traffic pass by our table, which resulted in several new members joining the club. A special thanks to Péter for all of his hard work in organizing the club for this event.



National Capital Marathon Race Weekend (26–27 May)

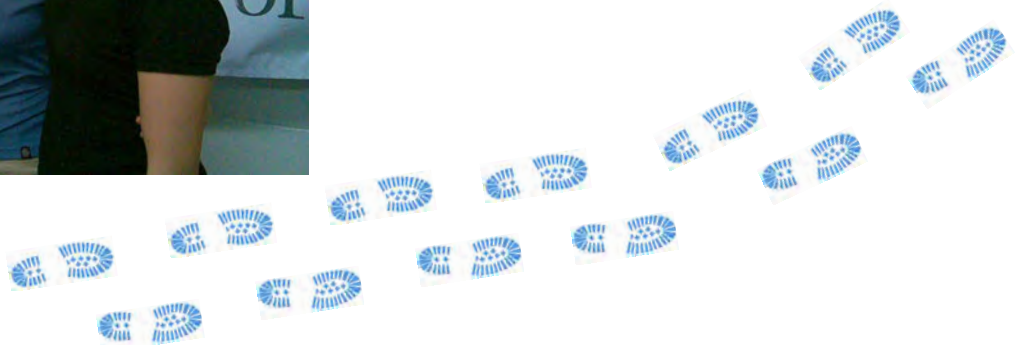


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Lesbian and Gay Expo, Jack Purcell Recreational Centre (28 April 2007)

A big thank you to all the volunteers who helped staff the table at the Lesbian and Gay Expo!



National Capital Marathon Race Weekend (26–27 May 2007)



Marathoners

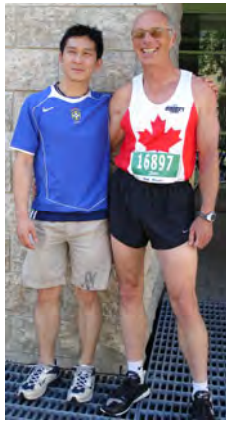


5 km runners

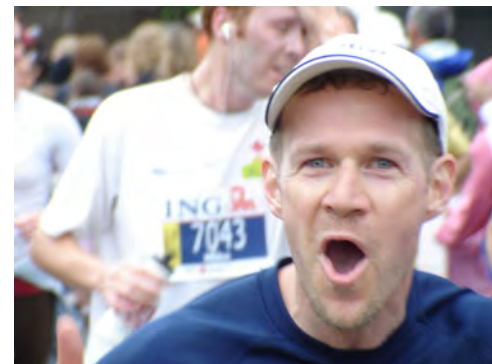
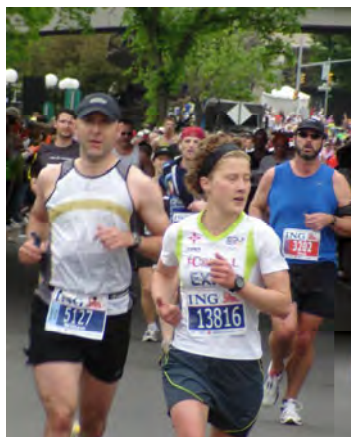
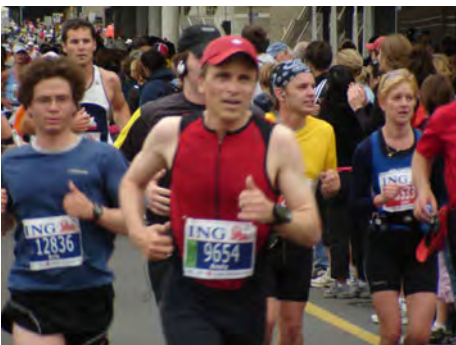
Marathoners



10 km runners



Half-marathoners



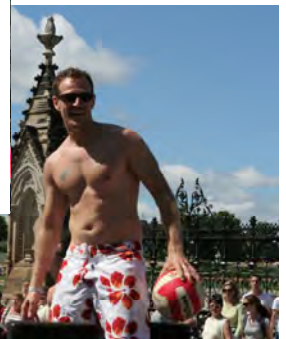
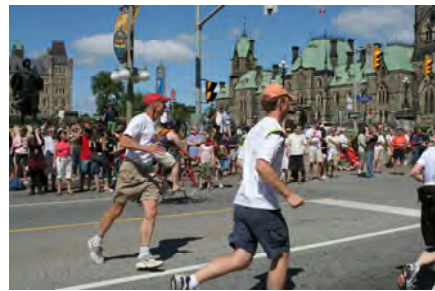
Mid-summer Barbeque (11 August 2007)

Many thanks to Roger and Jacques for hosting the mid-summer barbeque!



Ottawa Pride Parade and Festival (26 August 2007)

Thanks to P ter for organizing the troops, as well as to those who marched and staffed the table at festival plaza, and to Michael for the delicious spread before the march!

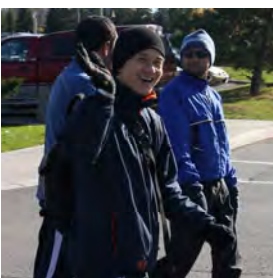
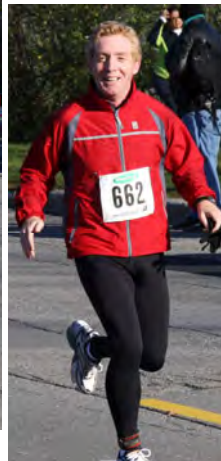
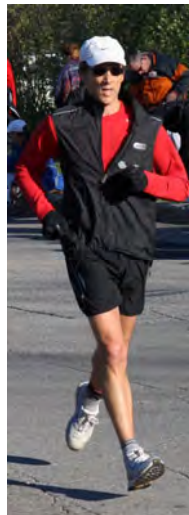
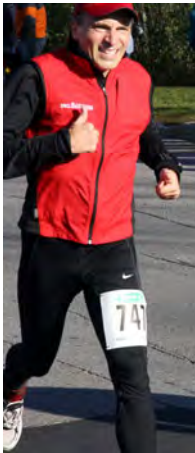




CIBC Run for the Cure
(30 September 2007)

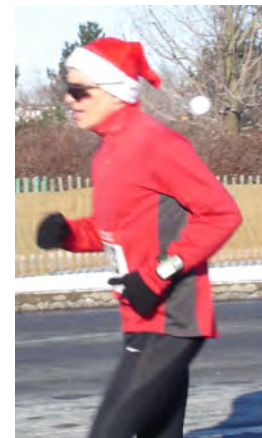
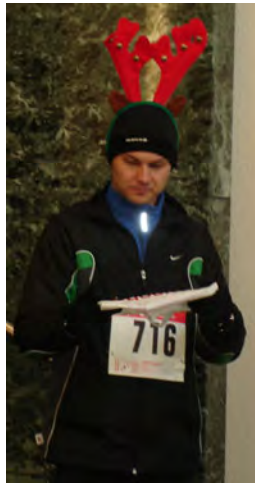


Rattle Me Bones
(28 October 2007)





Santa Shuffle (1 December 2007)



Community Information



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URL: www.pinktriangle.org/pts_site/Eng/obwdg.html

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E-mail: timeout@gayottawa.com

URL: 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

URL: www.timeouthikingottawa.ca

Phone: 613-828-1387





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

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