

The NUTSO January 2005
(Newsletter for Ultra and Trail runners in Southern Ontario)

Hello again. It has been a while and a new year is upon us, I hope all is well. The Ontario Ultra and Trail Series is entering its seventeenth season and has made a couple of changes since we last spoke. There are two new trail races added to the series: the Shades Mills 25k/50k on April 9 in the Cambridge area and the Seaton Trail 25k/50k on September 24. They are both in beautiful areas on each side of the GTA and I hope you will be able to try them out. Check out our web site at the NEW location of www.ouser.org for information on all the thirteen races in the season. Also, this year a new age category has been added to the Ultra and the Trail series for a total of three categories: up to and including 39, 40-49 and 50 and over.

In November of 2004 I was honoured to be selected as the series coordinator. So if there are any requests for information please feel free to send me an email.

As in the past couple of years the OUS/OTS will have a booth set up at the Around the Bay road race in Hamilton from March 18-20. Drop by to say hello and to pick up a copy of this year's card stock listing all of the races.

As always, please let me know if you would like to be removed from the list or know of someone who would like to be added.

I look forward to hearing from you so please send submissions for the April newsletter by the last Friday of the month, March 25.

Happy trails and hope to hear from you soon, Sharon

OUS/OTS FUNDRAISER – Third Annual Spring Warm Up

Location: High Park Curling Club, 100 Indian Road, Toronto

Date: Saturday March 26

Distance(s): 28k start at 8:00, 10k/20k start at 11:00

Fee: Any combination of distance for \$35.

Entry: Cash or cheque payable to the Ontario Ultra Series on the day of the event. If you are unable to attend on the 26th (yes, it is Easter weekend) but would like a chance to win the grand prize simply mail your cheque to Sharon Zelinski, 315 Kenora Ave, Hamilton, L8E 2W3. Early entries are always appreciated.

Reception/Facilities at the club: The club will open at 7:30 am. Snacks will be available at 12:00 and pizza will be provided at 1:00. The club has a fully stocked bar (that opens, by law, at 11:00), change rooms, showers, pool table, couches and cable TV.

Course/Aid: Two out and backs.

The 8:00 start will head west on the waterfront trail and up the Humber to the Hurricane Hazel memorial for a total of 28k. Water will be placed at Raymore Park (just south of the memorial). The 11:00 start will head east on the waterfront trail to the steel bridge at Cherry Street and Lake Shore Blvd. Water will be placed at the washrooms in Coronation Park (SE of Strachan & Lake Shore Blvd). The total distance for the water loop is 10k and for the Cherry St. loop is 20k.

Proceeds: 100% of all proceeds will be directed to the Ontario Ultra Series (OUS).

Grand Prize: Everyone who has paid an entry will be eligible for free entry to the following events in the 2005 season:

1. Shades Mills 25k or 50k	2. Ganaraska 25k or 50k
3. The Toronto Ultra 30k or 50k	4. Sulphur Springs 10k, 25k or 50k
6. Niagara 25k or 50k	7. Damn Tuff 25k or 50k
8. Conquer the Canuck 10k, 25k, 42.2k or 50k	9. Iroquoia 32k
10. Haliburton 25k or 50k	12. Seaton Trail 25k or 50k
13. Vulture Bait 25k or 50k	

Note that the grand prize winner can pay the difference for the longer races such as: Toronto 100k, Haliburton 50 or 100 mile, Sulphur 50 or 100 mile & the Ultimate Canuck Two day event (92.2km).

FUN RUN: Please keep in mind that this is intended as a fun run and not a race. Timing will be provided by the bartender (I understand that he can be coerced with tips) and distances are not precise.

Directions to the club:

From the west – take the Gardiner eastbound exiting at Lake Shore Blvd. Turn at Parkside Drive. Right on Garden Ave. (the first street north of Lake Shore) and left on Indian Road. There is parking available on both sides of the club.

From the east – take the Gardiner westbound exiting at Dunn Ave. Continue on Lake Shore Blvd to Parkside Drive. Continue as above.

2005 SEASON

The dates and times have been set for the 2005 season for the OUS/OTS. Check the NEW web site location at www.ouser.org for details but here is a quick summary:

April 9 – Shades Mills 25k/50k, Cambridge
April 30 – Ganaraska 25k/50k, Horseshoe Valley Resort
May 7 – The Toronto Ultra 30k/50k/100k, Toronto
May 28 – Sulphur Springs 10k/25k/50k/50mi/100mi, Dundas
June 11 – SRI Chinmoy Six Hour, Kingston
June 25 – Niagara 25k/50k, Niagara-on-the-Lake
July 16 – Damn Tuff Ruff Bluff 25k/50k, Owen Sound
July 30-31 – Conquer the Canuck, 12.5k/25k/42.2k/50k, Milton
Aug 20 – Iroquoia Trail Test 32k, Kilbride
Sep 10 – Haliburton Forest 25k/50k/50mi/100mi, West Guilford
Sep 10 – Ottawa International 24 hour Self Transcendence Race
Sep 24 – Seaton Trail 25k/50k, Pickering
Oct 15 – Vulture Bait 25k/50k, London

Please note that early bird fees for the Shades Mills run are available up to February 4th so don't delay with your entry.

OUS/OTS SURVEY

We want you to help us collect some really important information. One of our runners has gone back to school in the Georgian College Research Analyst Program. Part of his program is to prepare and analyze a survey and Jeff has chosen the OUS/OTS as his target group. This is a great opportunity for you to tell us what you think about our events and to let us know what you would like to see more of anonymously. Normally, research like this is very expensive, but Jeff and his research partner, Vitalika, are doing it "pro bono".

In the next couple of weeks they will be putting the final touches on the survey and a link will be available on the www.ouser.org web site. I will be sending out a separate email to let you know when everything is up and running.

Your participation will be greatly appreciated by the series. Even if you have never completed a race in our series your experience in ultra and trail running would be valued. Also, Jeff and Vitalika would value your input so that they can impress their fellow coed' s with some fancy stats.

CONGRATULATIONS

The OUS/OTS wrapped up the 2004 season at the Vulture Bait 25k/50k trail run. Following is a list of those who were honoured at the closing banquet:

The Brian Hutson Award: These awards went to the runners who achieved the greatest amount of points in the trail Series, regardless of the number of events completed. This year the winners were: (F) Tracy Greig (M) Mark Tanopolsky

The Ontario Ultra Cup: This cup was shared by the male and female runner who achieved the greatest amount of points in the Ultra Series, regardless of the number of events completed. They were: (F) Laurie McGrath (M) Jim Newin

Category winners in the Trail Series:

Male under 50 (1) Mark Tarnopolsky (2) Allan Magi (3) Cliff Renfrew
Female under 50 (1) Tracy Greig (2) Tammy Whitehead (3) Wanda Ferguson

Male 50 plus (1) George Sarson (2) Bruce Pellow (3) Gary Johnson
Female 50 plus (1) Astrid Varga (2) Ann Fleming (3) Lynn Devereaux

Category Winners in the Ultra Series:

Male under 50 (1) Jim Morrison (2) Nadeem Khan (3) Jeff Sine
Female under 50 (1) Laurie McGrath (2) Linda Ng (3) Monica Scholz

Male 50 plus (1) Jim Newin (2) Ronald Gehl (3) Hans Maier
Female 50 plus (1) Patricia Sommers (2) Helen Malmberg (3) Marjorie Adam

Top 3 Male/Female Volunteer of the year awards:

Male: (1) Dieter Scholz (2) John Turner (3) Esmond Mah
Female: (1) Toni Scholz (2) Jan Duffus (3) Sharon Zelinski

Norm Patenaude Awards: these awards were presented to runners who have completed 8 or more events in the Ultra Series. This year the award was presented to: (1) Ronald Gehl (2) Jim

Glen (3) Nadeem Khan (4) Hans Maier (5) Laurier McGrath (6) Jim Morrison (7) Jim Newin
(8) Jeff Sine (9) Patricia Sommers

Sponsor plaques to: (1) Montrail (2) Hammer Gel

INSPIRATION FROM NADEEM

There comes a time in all our running lives when we flip through the pages and try to decipher on what is missing. Some attempt to run distances they couldn't fathom before, while others train harder to strive for personal bests in distances they formerly hadn't been able to achieve. Ultimately, it is the sense of personal accomplishments irrespective of the distance or the time that entices us to keep tying those shoelaces and embracing our running trails.

At the start of the season the one question that haunted me in my non-running circle was why did I ever sign up for the Toronto 50K, a distance that went past the marathon? That early in the season, I honestly didn't have an answer. Or perhaps I was going through a myriad of thoughts and didn't know exactly why I would sign up for a distance of that magnitude and commit to the series. I was hoping that possibly by the end of the season, I would have a clearer understanding of why I did these races and in the process learn a little about myself.

If it is true to say that a runner relives their life once over the duration of a marathon, it is truer to admit that the same runner relives their life many times over the course of an ultra run. There are times when one's own thoughts are the sole entity that accompany a runner through some stretches in an ultra race. An aspect that was particularly true is some of my late night hours on the track in Ottawa and some trail sections at Sulphur Springs and Iroquoia. I am one of those runners who loves running in a crowd but being solitary in certain sections of these runs allowed me to gather my thoughts and appreciate the natural surroundings of some of our venues.

The friendship and the camaraderie that builds over a race, a few ultras and an entire season are phenomenal. The race support and encouragement from my fellow runners has been exceptional. That is in essence the single most important reason; I crossed that finish line at Vulture Bait, injury free and with a big smile on my face. A race wouldn't be successful without the outstanding work by race directors and their volunteers. This is possibly the only time I have run through a season where I can't point to even one race that hasn't convinced me to come back the following year. The OUS team of Tony Martin et al put a great series and made it a memorable summer.

It has been a great experience to have completed nine races in the series. I have visited places in Ontario I had never thought I would go. I have run on trails, roads and rocky cliffs; hurdled over fallen-trees and sprinted (or crawled) across streams. But above all I have made friends, people that I connected with on these long runs. Moments when we had nothing but sheer pain and agony to share, times when we didn't have anybody but ourselves for miles. An experience I wouldn't trade for anything.

I have been honoured to have run on the same track as running legends like Rolly Portelance and Jim Newin or to be on the same trails as ultra greats like Monica Scholz and Helen Malmberg. I am excited to have met and be friends with the likes of Gehls (and group), Remingtons and Morrisons. I have been thrilled to have learned the art of pacing and negative splits from Cynthia Black and Scott Myers and to have been invited in every race to keep up with Pamela Scowcroft and Jeff Sine. It is a delight to have been introduced to wonderful couples like the Sarsons, the Coopers and the Coates who share this wonderful sport together.

There have been several excellent runs, emotional moments and brave performances that have highlighted my season. They are all varied from Laurie McGrath's outstanding pace at the Ultimate Canuck in Waterloo to Bryan Mason's impressive record in the 24hr in Ottawa, from Jeff

Simpkins' amazing effort at Sulphur Springs 100 Miler to 10 year old Danica Lance's brave run in Kingston 6hr, from Pat Sommers record breaking run in the Niagara 50K to Vincent Charbonneau's finishing sprint in the same race. There are several others that I have witnessed and even more that I am certain that I haven't that have been equally exceptional performances.

Tracy Greig, the 2004 Trail Series Champion, sums up running beautifully in her profile "Running is the greatest metaphor for life because you get out of it what you put into it." And like in life, with running we are constantly trying to learn about new horizons we can endeavor to reach. Ask the proud duo of first time 100 Milers from Haliburton Linda Ng-Stephanie MacDonald or finisher of numerous ultras Paula Burchat. Same feelings would be reflected by veteran ultra runner Doug Barber or the ecstatic first time 50K finisher from Run for the Toad Sara Maki. It is an adrenaline rush to try to achieve that is both a challenge to oneself and rewarding at the finish. It is this natural endorphin that keeps us competing week after week to see what we can achieve on any given Saturday.

Every time I attempt an ultra race, I am faced with new challenges and I never know what to expect on race day. Trying to push the envelope on that particular day is what makes ultra running both exciting and challenging. It is this journey that I began back in 2000 with my first ultra run in Kingston courtesy of my good friends Gord England and Howard Parker who introduced me to ultra running that came to a personal milestone with the completion of the 50K in London this year.

So did I figure out by Vulture Bait on why I do these races? I think I cracked that code. I do these races because of YOU. People who do the runs in the ultra series are exceptional individuals. It doesn't matter where you finish in the races; each and every runner who toes the line, committing to finish an ultra run is a winner in my books. It is this confidence, in not only your own running but also in the ability of your fellow runners, that attracts me to these races.

I did end up learning about myself by the end of the season. I learned that if you hope to achieve something, go for it because if you don't try you will never know. In my case, you all made the unthinkable not only imaginable but achievable. A dream that became a thought and later a reality was all due to you. An experience I will cherish for years to come.

Sincere thanks to all of you for an inspirational season.

Yours in running,
Nadeem Khan (K-MAN)

TO TAPE OR NOT TO TAPE (at least we now know how)

A couple of notes from the Trail Ape. There was a request about taping technique for ankles and he shares some race information. This article is safe for all ages as there are no graphic photos.

There' s a trail race near Rochester on Nov 6/04 called Mendon Pods Ultra. The race has 10K/20K/50K distances and can be looked up at <http://www.wny-ultra.org/> It has to be one of the best deals around at \$10 US on race day.

Regarding taping ankles, I learned my technique via e-mail from the race director of the Escarpment Run in the Catskill Mountains when I had a major, major sprain 1 week before the race and I was able to complete the race in qualifying time. Following his instructions and some trial and error I've shown numerous members of our club the same method. Here' s my best rendition of this method:

I use either the sports tape made by Tensor (this is the best and I use it for races but expensive - \$5-\$6/roll) or white hockey tape from Wal-Mart (not as wide and much gooier but cheap for every day use). Start by running 2 – 3 strips from side to side under your foot like stirrups. These strips must extend 2"-3" above the ankle bone on either side and shouldn't run too far into the instep under your foot (blisters). These strips must be fairly snug but not cutting into the edge of your foot. Next, run a couple of strips around your leg securing the tops of the stirrups like strips in place. These wrap around strips cannot be tight or they'll cut off circulation - they are only there to hold the stirrups in place. The stirrups do all the work and that's it.

These stirrups will give your ankle support laterally but do not impede the hinging action. They feel awkward at first but after a while you won't even notice they are there. The tape may not stop injury all together but they will allow you to finish a race and probably prevent serious damage. I find the smaller over-turns have no effect on my ankles and the major ones may cause only a bit of tenderness for up to a week. No more black and blue stuff or ankles the size of softballs and I have a lot more confidence charging downhill with my Simian bulk.

RACE REQUEST INFORMATION

Can anyone confirm if there is a trail marathon in Blue Marsh, PA every fall sponsored by Break-A-Way Sports?

Yes there are several and here's the home page: www.makebreak.com.

MORE RACES AND EVENTS

We have recently been introduced to the Salty Dog pack. A group of trail runners who love to run in the heat, cold, wet, dry,.... and then go home and shake off in the living room (maybe a slight exaggeration on my part). Check out the web site at www.salty-dog.ca for upcoming trail runs, inspirational stories and other events to keep you out of doors. In particular, take a look at the Hardwood Hills weekend events on June 4, 2005 and the Dufferin Highlands Club trail run in June.

For those looking for something different there is the MedWAR educational wilderness winter adventure race on March 12, 2005 near Barrie. Its goal is to combine adventure racing with medical scenarios as part of completing the challenge. This will be the second year of the ~6 hour race that could contain snow shoeing, x-country skiing, mountain biking along with navigation. Go to the web site at www.medwar.org under Races > MedWAR North.

Ray sends along the following information for an adventure race that has been highly recommended by a couple of our regulars.

TWO-DAY TANGO Adventure Race; Brookville, PA, June 11, 2005

The Two-Day Tango is an event based in west-central PA and combines long-distance running, swimming, cycling, canoe/kayak and orienteering. The vast majority of the race takes place in State Parks or state game land areas. The scenery is beautiful!

The sequence of events is a 21 mile run; 4.75 mile swim (with fins); 36 mile bike; 24 mile canoe/kayak (flat water); 11 mile orienteering (beginner level); and a 9.5 mile run to the finish.

Despite the name (Two-Day) the leaders usually finish in the 15 hour range, with times ranging up near 30 hours. People can compete in a "solo" division; as a "complete" team (two individuals doing the whole race together as partners); or as a relay of up to 6 people.

I am not the RD, but have participated every year but one since 1999. I can be contacted for info at rdoolittle@brookville.k12.pa.us

The RD is Thad Turner (Brookville YMCA director) and he can be reached at (814) 849-7355. The website is www.twodaytango.com but needs updated for the 2005 race so stay tuned for more information

TRIPS, TRIPS, TRIPS

Why try to burn calories in your backyard when there are so many other places available. David McConkey has been busy organizing runs. Following is a listing that he sent showing details of some trips. While all are based on those living in the Peterborough area there are a couple that would be of interest to anyone that leave from Toronto.

SEASONS GREETINGS!!!

WISHING YOU PEACE, HAPPINESS AND BLISTER-FREE FEET IN 2005!

While you are busy celebrating the Holiday Season now; it will soon be time to plan your 2005 running schedule. Here are a few ideas to entice you to lace up those running shoes during our icy Canadian winter!

ST. PATRICK' S DAY 5K RUN/WALK Sunday March 13, 2005.

This annual event is very popular and great fun. Activity bus transportation from Peterborough and area to Toronto is only \$19.00 per person, plus discounted entry to the event. Please contact Dave McConkey directly for details. 705-748-5473 or email sunshyne@nexicom.net

AROUND THE BAY ROAD RACE Sunday March 20th, 2005

Another annual road trip to Hamilton for this great event. Deluxe Highway Motorcoach transportation is offered from Peterborough and points west to Hamilton. Cost is \$20.00 for Achilles Track Club members and \$25.00 for non members. Please contact Dave McConkey directly for details. 705-748-5473 or email sunshyne@nexicom.net

BOSTON MARATHON April 16 – 19, 2005

Join us for the 109th running of the prestigious Boston Marathon. Our package includes Deluxe Highway Motorcoach Transportation from southern Ontario, 3 nights accommodation in central Boston near the finish line and all taxes and group activities. Cost: \$639.00 CDN per person based on two sharing a room, \$579.00 CDN per person based on 3 sharing a room, \$519.00 CDN per person based on 4 sharing a room.

We also offer an Accommodation package for those making their own way to Boston. This package includes 3 nights accommodation in central Boston, all taxes and group activities. Cost per person: \$479.00 CDN based on 2 sharing a room, \$419.00 CDN based on 3 sharing a room, \$359.00 CDN based on 4 sharing a room We can also accommodate those who need just Motorcoach transportation at \$259.00 CDN per person. Please contact us for a detailed brochure.

Big Sur California Marathon
April 22 – 28, 2005

Don't miss the 20th Anniversary running of the amazing Big Sur California Marathon. Rated "The Best Marathon in North America" by The Ultimate Guide to Marathons and "One of the world's Top Marathons" by The International Guide to Marathons, Big Sur's course traverses the famous scenic Highway 101 along the California Coast. Point to point, moderately difficult, with live entertainment on the course. Featuring rolling hills, Big Sur is the largest rural marathon in the world, winding through redwoods, paralleling ranches, and offering stunning views of the Pacific Ocean. We INCLUDE GUARANTEED ENTRY in our tour package which also includes Return airfare from major Canadian Cities, 3 nights beachfront accommodation in Monterey, 3 nights accommodation in central San Francisco and all taxes. Air/Package rates start at \$1459.00 from Toronto including all taxes.

COMRADES MARATHON – SOUTH AFRICA
June 16th, 2005

Plans are underway for a very special trip to South Africa for the Comrades Marathon. The Comrades Marathon started in 1921 when 34 determined runners left Pietermaritzburg for Durban to commemorate their comrades who fell during the Great War. This traditional event has occurred every year, with the exception of the World War II years, and has grown from 34 to over 13,000 runners annually. The Comrades Marathon is a cherished national treasure and attracts thousands of runners, spectators and television viewers every year. We invite you to come and participate in this great event and experience one of Africa's greatest adventures.

KwaZulu-Natal is often referred to as the "Garden Province" of South Africa, a province of extremes. The coastal regions being lush with green sub-tropical vegetation, the Midlands with its rolling grass hills and meandering lanes and finally the giant basalt peaks of the breathtaking Drakensberg Mountains. This is also home to the Zulu nation and the greatest ultra distance road race - the Comrades Marathon.

Note: Entry Fees for the Comrades Marathon are not included and you must qualify. See www.comrades.com for qualifying times.

Flight prices from Toronto start at \$1820.00, from Vancouver \$2030.00.

Durban Accommodation at the Balmoral Hotel is \$75.00 per person per night based on two sharing a room.

We offer optional tours for those wishing to extend their visit to South Africa:

Garden Route 4 day Safari from Port Elizabeth to Cape Town

Marangu Route 6 days– the easiest and simplest route to the summit of Kilimanjaro.

4, 5 or 6 day Safaris in Kruger National Park.

ICELAND – LAUGEVEGURINN ULTRA 55K
July 16, 2005

Enjoy the ultimate endurance test in spectacular surroundings. The course takes you from the natural springs of Landmannalaugar to Þórsmörk, a valley nested between two glaciers

The "Laugavegur" course is one of the most beautiful in Iceland, stretching from Landmannalaugar in the highlands to Þórsmörk, a natural reservation area. The total distance from Landmannalaugar to Þórsmörk is about 55 km.

Airfare from Toronto starts at \$1120.00 including all taxes. Economical accommodation options are available, please contact Dave McConkey for info sunshyne@nexicom.net

PRINCE EDWARD COUNTY MARATHON & ½ MARATHON – ONTARIO
October 2, 2005

The Prince Edward County Marathon is a Boston-qualifier marathon to be run in scenic Prince Edward County, Ontario. Rumour has it that this is Ontario's BEST Marathon. The 42.2-km

course follows a route over relatively flat terrain. It will take runners past three lakes and through three villages while surrounding them with the beautiful autumn colours of Prince Edward County. This day trip includes Special Activity Coach Transportation from Peterborough/Port Hope & points east to Wellington. Cost per person is \$27.00 per person including tax.

Note: Race Entry is not included, please see www.pecmarathon.ca.

NEW YORK CITY MARATHON

November 6, 2005

We will have our popular packages available in early 2005 for this very exciting marathon. New Yorkers love their marathon and they let it show! You won't believe the support from the crowd as you participate in this marathon that travels through the heart of New York's five boroughs. Our packages INCLUDE Guaranteed Entry into the Marathon.

Please contact us to be put on the mailing list for details once they are available in late January/early February 2005.

Please contact us for booking information:

Thomas Cook Travel Ltd

Elaine Tomiszer, Tour Coordinator

1111 Elgin St W, Northumberland Mall

Cobourg, On K9A 5H7

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