

NUTSO March 2007

News for Ultra and Trail Runners in Southern Ontario

Diane Chesla ed.

OPENING REMARKS FROM SHARON

Hello all. Hope that your winter training is going well as the first events of the 19th Annual Ontario Ultra and Trail Series are only weeks away.

This year we have two new events to pique your interest – The Creemore Vertical Challenge on July 7 and the dirty girls 6 / 12 / 24 Trail runs on August 11. Creemore offers some beautiful vistas of the local area (at the cost of getting up all the darn hills) and the dirty girls event will prove to add a great new spin on the timed event format.

Also this year Ryne Melcher's Paradise Trail runs has added a 25k option that is now part of the Trail Series. The two new events in the Trail series should add to the excitement for both the age category and trophy awards with this race and the Creemore 25k trail race.

I would like to welcome Jeff Simpkins as our new assistance coordinator for the series. Jeff will prove to be a great help for me this year as he 'learns the ropes' to take over for me next year. As always you can contact either myself at my new email of sezelinski@gmail.com or Jeff at kenoratrailnut@excite.com if you have any suggestions, ideas or comments on anything regarding the series. Your input is always appreciated.

Drop by our booth at Around the Bay again this year. I am planning on dropping by the Christie warehouse to pick up some chocolate chip cookies to help with your carbo-loading. However, there is no race day expo this year so be sure to get to Copps on the Friday or Saturday. Hope to see you there.

I look forward to seeing everyone soon. Happy feet, Sharon

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SPECIAL ANNOUNCEMENT

Many in the OUS community have come to know of the hardships facing Jim Glen and his family with their son Evan, who recently underwent a bone marrow transplant. Evan's first transplant is failing and he is returning to Sick Kids Hospital for a second transplant. A second marrow transplant is very rare. The family has undergone enormous emotional and financial upheaval and face more uncertainty in the upcoming months. To help Jim Glen and his family, his wife's sister, Leigh, is organizing a fundraising dance in Hamilton, Ontario. Please consider supporting Jim and his family through this event. Details:

Leigh's sister (Tracy Smith) is doing a fundraiser dance for Evan, with many great door prizes. The dance starts at 8:00 pm on Saturday, April 14, 2007 at St. Lawrence Parish Hall, 475 Mary St. N. Hamilton. Anyone wishing to go to the dance or donate prizes, can contact Jaclyn or Tracy Smith at (905-529-1902) or E-mail tracy_smith122000@yahoo.com

EYES ON THE TRAILS! (And roads)

Just when you thought that it was safe...
By Duff M.

Well a couple Ultra runners (Cameron, Glenna, and her boyfriend, sorry ... we don't know his name!) were spotted running only 2.62 miles in Yorkville on Dec 9, 2006. Glenna and running partner even made it in the Toronto Star (their pictures that is)! The reason for the short distance was due to the fact it was the 2nd annual Speedo Run (yes participants could only enter if they wore a speedo swimsuit). The fun run raised over \$20,000 for the Toy Fund of Sick Children's Hospital.

Glenna also started the year off with a first place win at the Balmy Beach Hair of the Dog on New Years' Day (a 9 km event). What is she going to do for an encore? Remember she won the Haliburton 50 km and also placed in the ITT.

You may also want to review the JFK 50 miler for a list of OUS alumni. That was my first 50 miler and due to expert pacing by Sharon Z., we completed the course in 10 hours 16 minutes.

Gord England has not been able to make a few of the OUS runs due to his house renovations, but has made up for it by inviting people to his house for 12 k loop runs on Sunday mornings.

~Duff

Editor's Note: And don't forget that Trail Runner did a Q&A with Laurie McGrath this past winter! A copy can be found on the OUS website.

RACES RACES RACES

March 11, 2007	Achilles	Toronto, ON	5k Run/Walk St. Patrick's Day
March 25, 2007	Around the Bay	Hamilton, ON	5k, 30k, 30k Relay
April 28, 2007	Head for the Hills	St. Catharines	10k Trail Run

* Death Race 2007, U.K. <http://sports.espn.go.com/espn/eticket/story?page=toughguy2007&lpos=spot>
Nah – don't know much about this one except it looks gruesome!

OUSER SCHEDULE 2007

Spring Warm Up	10-48k		Saturday April 7 th
Seaton Trail	26, 52 & 78k	trail	Saturday April 21 st
Toronto Ultra	30, 50 & 100k		Saturday May 5 th
Ganaraska	12.5, 25 & 50k	trail	Saturday May 12 th
Sulphur Springs	10, 25, 50k, 50m, 100m	trail	Saturday May 26 th
Kingston	6 hour Self Transcendence		Saturday June 9 th
Niagara	50k & ½ Marathon		Saturday June 23 rd
Creemore	25 & 50k		Saturday July 7 th
Damn Tuff	25 & 50k	trail	Saturday July 21 st
dirty girls	6, 12 & 24 hours	trail	Saturday August 11 th
Iroquoia Trail Test	32k	trail	Saturday August 18 th
Paradise Lake	5, 10 & 25k	trail	Saturday September 1 st
Haliburton Forest	25, 50k, 50m, 100m	trail	Saturday September 8 th
Ottawa Int'l	24 hour Self Transcendence Race		Saturday September 8 th
Vulture Bait	25 & 50k	trail	Saturday October 13 th

EARLY BIRD PRIZE

Compliments of: Ultimate Canuck Trail Challenge.

CTC has generously donated a beautiful (new) Cherokee, oversized folding Deluxe Arm Chair (great for holding a large can of cold drink or beer) as an early bird prize to those runners who sign up for the OUSer Spring Warm-Up Fun Run by midnight March 14th!!!!!! This applies to those who sign up on line at www.onlineregistrations.ca or those who prefer to mail in their \$35 donations.

Carbohydrates are a Runners' best friend

By Greg D'Cruz

Inspired by a truly remarkable ultra runner, Greg has been trail running for just over 1.5 years. He is a sports nutritionist who works with many endurance athletes who are trying to improve their performance through proper nutrition. For more information about his services, you can visit his website:

www.bodyforyou.blogspot.com

Yes, that's right! Forget what you have been told by the High Protein Diets. As an endurance athlete, you need to make sure that your energy "bank" (Glycogen) is fully loaded and ready to provide you with the energy necessary to complete those ultra trail races.

When we ingest carbohydrates of any kind (rice, pasta, fruit, cereal, breads and vegetables) our bodies convert them into glucose. Glucose is stored in two different glycogen "banks" (liver and muscle). Liver glycogen is used to maintain proper blood sugar levels in the body while muscle glycogen is used to provide us with the energy needed for those long distance runs. Muscle glycogen stores can become depleted within 1 hour of high intensity exercise. The more conditioned the athlete, the more muscle glycogen they are able to store. If we are forced to use a secondary source of energy (fat and or protein) then performance can suffer by as much as 15%. During an endurance event, it is essential that you take in 70 grams of carbohydrates per hour of exercise (bananas, fig newtons, sports gels etc.). Drinking electrolyte/carbohydrate rich products (E-Load, Gatorade etc.) along the way can also provide the body with much needed energy as well as replenishing sodium levels lost through sweat.

There are certain things that you can do leading up to a race that can increase the amount of stored glycogen you have and one of the most common practices is "carbo loading." By following this practice you can double and in some cases even triple the amount of stored muscle glycogen in the body. During this practice you need to eat approximately 3-5 grams of carbohydrate per pound of body weight. This amounts to approximately 600 to 700 grams of carbohydrate for a 150 pound athlete. The protein requirements should decrease slightly but protein is still important and should be consumed in the form of eggs or egg whites, yogurt, turkey or chicken. Have these as a compliment to your carbohydrate rich meals. The following is an example of a typical carbo loading day for a 150 pound athlete:

	Approximate Calories	Carbs (g)	
Wheaties, 2 cups	220	48	
Milk, 1% lowfat, 8 ounces	100	12	
Bagel, 1 (3.5 ounce)	300	55	
Cream cheese, lowfat, 2 Tbsp	50	2	
Orange juice, 12 ounces	160	40	Breakfast: 830 cal, 75% carb

	Approximate Calories	Carbs (g)	
Whole grain bread, 2 slices	200	40	
Peanut butter, 2 tablespoons	200	8	
Jelly, 2 tablespoons	100	25	
Fruit yogurt, 8 ounces	230	35	
Potato chips, baked, 2 ounces	240	45	Lunch: 970 cals, 65% carb
Apple, 1 large	120	30	
Graham crackers, 4 squares	120	22	Snack total: 240 cals; 90% carb
Chicken breast, 5 ounces	250	--	
Rice, 1.5 cups cooked	300	65	
Broccoli, 1 cup	50	10	
Dinner rolls, 2 whole wheat	200	40	Dinner: 800 cals; 60% carb
Banana, 1 medium (4 ounces)	100	25	
Sherbert, 1 cup	260	45	PM snack: 360 cals, ~100% carb
TOTAL Menu #1	3,200	547 g	