

NUTSO

April'ish 2006

Hi All! Well, the season's already upon us with the Spring Warmup come and gone and Seaton on the horizon (April 8th) followed by the Toronto Ultra (May 6th), Ganaraska (May 13th) and Sulphur Springs (May 27th). Never too late to sign up: www.ouser.org/races.htm

Stephanie MacDonald and myself (Diane Chesla) have relieved Sharon Zelinski of OUSER newsletter duties so she can concentrate on...what else...running! Zealous as we are, our first intentions were to put out a newsletter after every race. Realistically, NUTSO should arrive in your inbox every couple of months.

Hope you've been out and about this winter. Many officially kicked off their season by running Around The Bay in Hamilton on the 25th of March. Also, a group representing Canada ran in the 2006 24 Hour Challenge in Taipei. Congratulations to Nadeem Khan for his top finish putting in a total of 179.186 kms! Other familiar Ontarians competing in Taiwan and putting in some very competitive distances were Laurie McGrath (173.677km) and Charlotte Vasarhelyi (167.354 km). Rounding out the Canadian team were Michel Gouin (151.905 km) and Sylvain Bernier (142.968 km), both of Quebec.

More congratulations are in order to Monica Scholz for partnering with Mountain Equipment Coop. The "Coop" also supports some great environmental initiatives, making a great fit with trail running (www.mec.ca). And lastly, congratulations to my co-editor, Stephanie and her partner Mike Johnston for adding the newest little addition to Ontario's ultra scene: Holly Grey Johnston. I believe Holly will start training for her first 100 miler once this newsletter gets out.

Email us at ousernews@sympatico.ca if you want to submit news/stories etc. for the next issue or to sign up to receive this newsletter.

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A FEW WORDS FROM SHARON

Hello everyone. Hope you have had a good winter and are ready for another season of races. Be sure to check all the details at our web site – www.ouser.org.

Our first race is Seaton Trail on April 8. The Mud Puppies have been working hard to make sure all goes well. It's not too late to sign up so join us on the trails.

I had some emails last year asking about whether it was OK to walk a race instead of running. As I told everyone last year, yes – as long as you can finish before the cutoff of the slowest race. You may not make the cutoff for the race you are entered in but it gives you the opportunity to check out some new routes while having the support of aid stations (and some extra company).

As always, we appreciate any feedback so don't be shy. Looking forward to seeing you soon.

Happy feet, Sharon
Series Coordinator OUS/OTS

RULE CHANGES - TORONTO ULTRA & ACU STANDINGS

In the 2006 Toronto Ultra Race all 100km runners will be eligible for the ACU 50km National Series. Accordingly all 100km runners will be given a finishing place in the ACU National 50km race as if they had entered that event. All places are for use of the ACU Series only. All 100km runners are ineligible for 50km awards and prizes. These results are for the ACU Series only and will be sent by the RD to the ACU by same. See <http://www.acu100k.com/calendar.html>

10 TOP NUTRITION TIPS FOR ULTRARUNNERS

Have an ultra running nutrition question? Email Tracy Greig, ultra runner and diet technician and she'll answer a question or two in the next newsletter: TRgreig@gbhs.on.ca

Tracy's Top 10 Nutrition Rules for Ultra Runners - It's a lifestyle.

1. **VARIETY and WHOLE FOODS.** Most of your diet should consist of a variety of natural, whole foods. Avoid processed foods. If you cannot identify more than five ingredients on the label - don't eat it! There is no one food you should focus on. Eating too much of a good thing can be bad, too.
2. **FLUIDS.** Drink about 6-8 glasses of water per day. You can also include fluids such as soups, low fat milk, soy beverages or unsweetened juices as part of your fluid intake if you have a hard time sticking to just water.
3. **CARBS.** Don't be fooled by the low carb diet craze. Runners need carbs!! Choose complex carbs, which have a lower glycemic index. Don't get stuck in the wheat rut. Try ancient grains like quinoa (higher in protein than any other grain), millet, kamut (makes good pasta),

oats, brown rice, rye breads, and spelt. Spelt flour is higher in protein than wheat and stimulates the immune system.

4. **PROTEIN.** Include a protein serving at every meal. Runners need protein to repair muscle tissues and to stabilize blood sugars. Eat nuts, seeds, and legumes for protein, fibre, and energy. Include a soy protein each day, preferably organic.
5. **FAT.** Eat healthy fats like omega 3-6-9. We are generally only lacking in the omega 3's. Get these from including fish, ground flax seed/ flax oil, and walnuts more often. Good for arthritis, cholesterol, psoriasis, and immune response. Avoid saturated and trans fats (hydrogenated fats). Trans fats should be avoided completely. These are man made fats that clog the arteries. If you have to eat a piece of pie, though, make it with lard rather than shortening. Lard is a more natural product, though high in saturated fat. Shortening is made from vegetable oil, but is completely hydrogenated.
6. **FIBRE.** Eat 30 grams of fibre per day. If you are not already doing this, increase gradually to give your body a chance to adjust without bloating or cramping. The day prior to a race and the day of, consume less fibre to avoid running.....to the port-a-potty.
7. **ANTIOXIDANTS.** Include foods like dark green and orange veggies, onions, garlic, pomegranate, berries, red wine, tea, ginko biloba, co enzyme Q10, vitamin C, vitamin E, and alpha-lipoic acid. Because of the amount of oxygen we use, this will help protect the lungs.
8. **VITAMIN/MINERAL SUPPLEMENTS.** Runners are hard on their bodies. Take one daily to ensure you are covered.
9. **PORTION SIZES.** Just because you run, doesn't mean you should allow yourself to overeat. Follow Canada's Food Guide. The higher number of food choices is a good guide for ultra runners. Adjust these numbers accordingly if you are less active on certain days or if you are injured. Keep your weight in check and you will run faster and be healthier in the "long run".
10. **IMMUNE FUNCTION.** Stimulate your immune function so you get sick less and are able to train more. Eating foods like cabbage, mushrooms, garlic, asparagus, and herbs like astragalus, echinacea, and basil are good choices. Eating less refined wheat and sugar helps also, as it tends to weaken the immune system.

Here is a recipe to help you include quinoa in your diet.

Citrus Quinoa Salad (pronounced keen-wah, available in the health food section of your grocery store)

- 1 cup quinoa
- 1 cup cucumber, diced
- ½ cup figs, diced or raisins
- 1 can drained mandarin orange sections

¼ cup sunflower seeds or toasted almonds or 1/8 cup sesame seeds
2 green onions, diced
2 tbsp. chopped fresh coriander or parsley

Rinse and drain quinoa. In saucepan, bring 2 cups water to boil; stir in quinoa. Reduce heat, cover and simmer for 15 minutes or until water is absorbed. Drain and let cool. In salad bowl, combine quinoa, cucumbers, figs, orange sections, sunflower seeds, onions and coriander.

Dressing:

1 tsp. grated lemon or lime rind
3 Tbsp. lemon or lime juice
1 Tbsp. sesame oil
1 tsp. honey
¼ tsp. each ground cumin and coriander

In small bowl, mix all ingredients. Pour over salad, toss to mix. Keeps in fridge for 3 days.

TRAIL RUNNING POETRY

In The Woods

The trail is soft under my feet
and I run lightly,
dodging roots and rocks.
Pools of sun and shade ahead,
dappled by the trees above.

I am old but young,
tired but strong,
my heart pounds yet sings
with pleasure.

My body glistens with sweat.
The droplets fall
and mix with the earth.
Small parts of myself
to mark my passing.

Dave Sebeslav

RACES...RACES...RACES

Club FatAss Upcoming Races...

22-Apr **Run To The Clouds** 25km mostly trails
Coquitlam, BC, Canada www.ClubFatAss.com/events/RunToTheClouds

7/May **East Coast Spring Tune Up** 10km, 25km on a paved pathway
Pictou, NS, Canada <http://www.clubfatass.com/events/EastCoast>

13/May **North Shore Enduro** Relay or Solo on forest trails, up to 6h
North Vancouver, BC, Canada <http://www.clubfatass.com/events/enduro>

10/Jun **Geyserland 100** 100km road course
Rotorua, New Zealand <http://www.clubfatass.com/events/geyserland>

9/Sept 6th Slovenian alpine marathon – SAM
Preddvor-Tržič-Jezersko, Slovenia, Europe

Distances:

50 km ultra (20 km of roads, 30 km mountain paths. High difference: +1690/-1265m)

35 km (5 km of roads, 30 km mountain paths. High difference: +1415/-1035m)

10 km (In the beautiful Jezersko valley. High difference: +/-200m)

<http://www.sam-maraton.com>. Please visit also our partner race »Verbier ultra« (100k, 50k, 20k): <http://www.extremeworkout.com/verbierrace2006.htm>

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SPOT INTERVIEW

Iris Cooper: Swiss advantage?

If there's one thing that's obvious when you talk to Iris Cooper it's her decidedly Swiss ways. This is my second interview with her and I'm still wondering if it is indeed her Swiss background that contributes to her successes in ultra running. As I politely try to bite off small bits of my greasy prosciutto pizza, Iris digs into her "uber healthy" green salad with seafood and the conversation unfolds something like this...

Me: So, I ran with X this weekend and she's a top dog runner you know. Really strong.

Iris: Ya, she's young though.

Me: I don't know Iris...I think she's going to be in your age category in a year or two. Are you worried?

Iris: Hmm...She's doing a 100 miler this year isn't she?

Me: Yes – What about you? How are plans coming for Comrades? And why Comrades?

Yes: I love the heat. Niagara is one of my favourite races you know. We wanted to do this Swiss stage race but the opportunity to do Comrades came about and we decided at a BBQ last summer that we would go to South Africa instead.

Me: You did the Himalayas race too right?

Iris: Yes I saw this amazing picture in a running magazine with two very small runners set against the mountains and it was very inspiring so we decided to go do it.

Me: So you're Swiss. You have the mountains. You grew up running in the mountains? Is this how you've become so good?

Iris: No...I have a fear of heights. I did start mountain biking in the early eighties, which was quite a novelty even in Switzerland at the time. But aerobics was my sport.

Me: AEROBICS??????

Iris: But in Switzerland, we have state of the art aerobics. Not like here. To become an aerobics instructor is very rigorous there. I have always been interested in how far I can push my body. I wasn't interested in the 45 minute classes. For me, it was the hour and a half classes.

Me: Ah ha....the Swiss advantage!

Iris: The food is very important too though. Only certain gels and electrolyte combinations don't upset my stomach. I've just been reading about this secret concoction a very famous ultra runner uses in VERY long runs. I'm going to try it...but please don't tell Howie. X wants to beat him this year and can use every advantage himself.

Me: Hmm...I've heard this many times about Howie. So you will run your first 100 this year?

Iris: Yes, Haliburton, after Comrades. But it depends if I make the Hawaii Ironman lottery. And then I must concentrate on that.

Me: Your first Ironman?

Iris: Yes, watching the video is incredibly inspiring. I want to hear my name announced and "You are an Ironman" as I cross over the finish line. And then I will be satisfied.

Me: And then your first 100 miler?

Iris: Yes...but maybe Badwater first. I think if you can do Badwater, you can do anything.

Me: “Uber” challenging? [“uber” = ultra. Actually, Iris informed me it’s “ober gruusig” in Swiss-German.]

Iris: Yes, and no bears. No bears in Switzerland either. Well...there was one in our National Park, but he’s gone to Austria now.

Me: Well, good luck with the Hawaii Ironman lottery Iris. You still need a bike for this right?

Iris: Right. And shoes.

DIRTY GIRLS

www.dirtygirlgaiters.com

(You didn’t think I was referring to anything else – did you?)