

NUTSO - Newsletter for Ultra and Trail Runners in Southern Ontario
Sometime in June 2006

Howdy! We are now well into the Ontario Ultra Series with our first 100 miler – Sulphur Springs – taking place on the weekend of May 27th and 28th. I remember someone commenting years ago how parts of Alberta could experience all seasons in one day. Well, Southern Ontario is not far behind as those of us who were out on the trails on the May long weekend were dodging hail, only to find ourselves battling the intense humidity at Sulphur the following weekend. In spite of the crazy heat, Sulphur had an incredible forty-one runners start the 100 mile race. For full results of this race and the latest 6 Hour Self-Transcendence at Kingston, see www.ouser.org.

Results and photos for the season opener, Seaton Trail, as well as Ganaraska and the Toronto Ultra are also on the OUSER website.

I thought I'd mention the BPACS 6 hour race in Buffalo too that took place on April 30th as many OUSER people were there. Certainly a challenging spring race to consider. For details and results, see www.wny-ultra.org.

And on the horizon.... the Niagara Ultra (road/paved trails) 50k and 25k on June 24th. Ran parts of the course few weeks back – very pretty! Damn Tuff Ruff Bluff 25 & 50k trail runs follows on July 22nd.

That's about it. I'd love to have your personal accounts of races in the OUSER series, other races or really neat adventures that you've done. Of course, any other announcements make good fodder for the NUTSO newsletter! Send emails to: ousernews@sympatico.ca

See you en route!

diane chesla

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ANNOUNCEMENTS

Good luck to Ryan Melcher as he makes an attempt to set a speed record of the 527.2 miles of the Bruce Trail starting on June 19th !!! (www.runeandjune.com/page7.html).

Want to run JFK this fall?

Ricardo Santa is looking to put together a group from the OUS/OTS regulars who might be interested in running the JFK 50 miler in Maryland this fall and sharing transportation, accommodation etc. Also, if you have run this race already and could provide some input – racing tips, places to stay etc. – please let Ricardo know: rsanta@rogers.com

Good luck to Iris & Jeff Cooper as they run Comrades - yikes - tommorrow (the uphill year) and to John Turner, Les Michaluk and Joe Hewitt as they head down to run Western States!

MESSAGE FROM SHARON

Hello, everyone. The 2006 season is well under way and it is good to see so many familiar faces and so many new faces as well. Surprisingly, there were many happy faces by the time you reached the finish line at the Seaton race. Thanks again to Cheryl for helping out at the finish line.

I have had the opportunity to talk to some people who have finished their first ultra this year – congratulations on your accomplishment. I hope that you have caught the bug and you come back soon.

If you are interested in volunteering don't be afraid to get in touch with the race director. I don't know of any who would say no and it gives you an opportunity to see the other side of the picture. To be honest, I think a part of me enjoys seeing the suffering of others ('sharing your moment of joy').

As always, your feedback is appreciated. Please feel free to drop me a line at sezelski@excite.com with any thoughts or ideas. This series is definitely low key and the input from just one person can make a big difference.

See you at the races, Sharon

RACES

New Trail Race Series in Ontario!

MultiSport Canada and the HSBC Triathlon Series have added Trail Runs to their line-up with the first race having taken place on June 4, 2006 in London at Fanshawe Lake Conservation Area.

Check out the events page:

<http://www.multisportcanada.com/ms/events/showEvent.cfm?showEventID=31>

...and the Series website: www.multisportcanada.com

CLUB FATASS EVENTS!

www.clubfatass.com/event

1/Jul North Idaho Kick Ass Run
25miles, 50miles on trails
Eastport, ID, USA

22/Jul Bill's Great Peak Ascent
15km, 30km on mountain trails
North Vancouver, BC, Canada

23/Jul Mount Lorne Misadventure
21km trails
Whitehorse, YK, Canada

Spot Interview: Laurie McGrath

Laurie McGrath has five 100 km and three 100 milers under her belt with some impressive results. She was the second 100 mile runner to cross the finish line recently at Sulphur Springs, breaking the twenty hour mark. Laurie has also represented Canada at the 100km championships in Japan and the 24 hour world event in Taiwan earlier this year. She did both her first ultra and first running event EVER in 2003. I'm intrigued to find out how she does it – what motivates and inspires her. I began to ask her questions earlier this year after learning that running takes a back burner to her raising her five kids!!!!

What motivates and inspires you to get out the door and run your 80 miles every week? [I thought I might as well be right up front!]

Friends and family always motivate me to run on a daily basis. My dad (Ron Gehl) has been running several times a day, every day for many, many years and so I know that I can always count on having him to run with. He is very flexible with his scheduling so our run plans are always convenient for me and my family. They are usually very early in the morning so that I am home just as the family is getting up. This allows me to get a little "me" time which is followed by focussing on my family 100% for the remainder of the day. I love the adult socializing when I run and the runners and I always share a good story and laugh on our runs. After this distress time I can really focus on the children for the rest of the day.

What's going through your mind when it's far into a 100 miler and you're running by yourself?

I don't believe that I have run a 100 miler all alone yet. I love to run with people and share stories. For the 100km races that is a different story as I often run them alone. It was a little tricky in Japan to find people to socialize with as few of the runners spoke English, and the same in Quebec where most people only spoke French. When I find that I have no one to talk to I tend to think about the race, my goals for the race and whether or not I am still achieving those goals. I tried to listen to music once in a 24hour race but didn't find this too successful as I kept wanting to chat with the other runners. I know that other runners really find their music motivating though.

What advice would you give ultra runners on improving their performance?

I haven't figured out any secrets yet. I just run for fun and enjoy myself. I have learned that if you are running on the edge that you must "puke fast, you're in a race!!"

You must have a very busy life with 5 kids. Does your approach to ultra running give you any insight on raising a family or other aspects of life?

I have learned that you can do anything that you set your mind to do and that no matter how difficult or monotonous the task is, that if you stick to it you will accomplish great things. I find that life always throws in a challenge or two whether it is in a race or a stage the kids are going through. I have learned that perseverance and a good support system (friends and family) always help you get through these challenges.

Final question: In the 100 miler at Sulphur Springs last year, you were running really well but then pulled back – why?

Sulphur Springs 2005 was just a few weeks before I left for the World Championship 100km in Japan. I was unsure whether or not to enter the 100mile but eventually decided that I would relax, enjoy myself and race with my dad for the whole thing. We were running really nice for the first while and then we gradually slowed, as usual as the distance covered increased. Dad had difficulties with vomiting and nausea late in the race and so we had to take breaks while he was ill. This didn't help our pace at all. He suggested that I go on without him but I am also afraid of the wildlife in the bush at night so I didn't want to run alone either. Once, I got a bit too far ahead of dad. I stopped and waited for him to catch up. I turned and saw about a dozen eyeballs staring at me from the bushes. I bent to tie my shoe, the eyes lowered...I stood up, the eyes raised. So I ran all the way back to dad and said, "you have to hurry up, I am scaring myself running alone up there". We stayed together until the last 3km of the race where I ran ahead and sent mom back to keep dad company. If you feel like running with me through the night at Sulphur this year I would love the company! I am afraid of the night you know!! [Note: Laurie broke 20 hours at Sulphur this year. I would never have been able to keep up even with my ample hours of rest beforehand!]

Note: I've learned that Laurie, like her dad Ron, is a great storyteller – even after 100 miles! Please, please, please don't hesitate to contact Laurie to have her weave her thoughts on performance and goal setting into a great story for your audience. She can be contacted via email at: lamcgrath@rogers.com