

## The NUTSO – October 04

(Newsletter for Ultra and Trail runners in Southern Ontario)

Howdy, hope all is well now that fall has arrived. In a normal summer, this would be the time of year where all the hard work during the hot, humid days of summer are paid back with much easier running during fall races. However, this year in southern Ontario brings us some of the best weather of the year – not too hot, not too humid. Maybe the cooler temperatures this summer can explain some of the amazing records that we have seen recently – could it be that people have been able to train more effectively? I have noted some of the more memorable milestones below.

Hope this gets to you in a readable format. Have heard many responses from: looks much better, the lines became double-spaced and the lines still extend past the normal page width. I have used the 'text only with page breaks' option when saving a Word file. If anyone can explain a better format it would be greatly appreciated.

As always, your running wisdom is welcome. Thoughts on running and related events that you feel could be of use to help others in their experiment of one.

As always, please let me know if you would like to be removed from the list or if you would like to add anyone. Since the season is winding down the next issue will not be until December. The deadline for this issue is the last Friday in November – the 26th. Keep on running and even more importantly, keep on writing. Sharon

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### SEPTEMBER HIGHLIGHTS

The focus of this month' s newsletter is to congratulate the efforts of some special runners in so

Of special note to the OUS/OTS, I would like to congratulate Bryan Mason on his hard work at the 24 hour SRI Chinmoy in Ottawa. Bryan had never been to this race before and wanted to see how far he could go. Well, at the end of the day he shattered the Canadian Male 55-59 24 hour age group record with an incredible 193.207 km, won the men' s masters, the race overall and the male rookie-of-the-year. Bryan may be making his next trip to Ikea for shelving for the new hardware.

Congratulations to Monica Scholz for winning the Haliburton 100 in a fantastic time of 21h28min29s. Her strong and steady pace paid off on a more difficult course.

Can' t forget Christian Gundlack for completing his 186 km run from Londorto Toronto to raise money for the United Way in an awesome 22h20min33s.

On a more local note, fantastic weather on September 26th gave the organizers of the Toronto Waterfront Marathon three more world' s records. Ed Whitlock looked comfortable while breaking his own 70+ record to run 2h54min48s and Michal Kapral ran an amazing 2h49min43s while pushing his daughter in a baby jogger. Fauja Singh completed the half in just under 2h30min to break the 90+ record. Was pleased to see quite a few Sikhs running the full and the half – a sure sign of how one person can make such an incredible difference in so many lives.

Thanks to Peggy, George, Don and their phenomenal volunteers for another successful Run for the Toad this past weekend. The weather was improved from last year (no hail) and the turnout was the best ever. Judging from the conversations at the feast after the run it sounds like the secret is out and we may need to sign up early next year before the race fills. This was the first trail run for more than a couple of people and all said that they would be back and would be bringing their friends. Check out [www.runforthetoad.com](http://www.runforthetoad.com) for results.

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### UPCOMING EVENTS

Last chance for entries to the Vulture Bait 25k/50k trail run in London on October 16. A great 25k loop on terrain that varies from wide pine chip trail, single-track, grass and limited pavement. It includes post-race banquet and massage in a heated pavilion. Deadline is October 9 so don't delay.

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#### PENNSYLVANIA AREA TRAIL RUNS

You may recall that last month that Mike was looking for a good trail marathon within reasonable distance from home, preferably not at high altitude and in the summer months. So far we have the following suggestions:

1. The 50k in Punxsutawney, PA was held on September 11.
2. Can anyone confirm if there is a trail marathon in Blue Marsh, PA every fall sponsored by Break-A-Way Sports?

Mike recently completed a marathon in Port Alberni, British Columbia. This is about 120 miles North of Victoria. Beautiful trail run almost entirely in the forest and flat. He recommends it highly. Even though it is held in early August the entire trail is shaded so it is very comfortable. It is a small event and folks are very friendly.

Mike truly is NUTSO and is now on the lookout for a trail marathon in the summer of 2005. Someplace like Nova Scotia, anywhere in Canada, really like somewhere in Sweden. Please send me any information so that we can continue to support Mike's habit.

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#### COMRADES MARATHON 2005 GROUP TRIP!!!

A group trip is in the planning stages for South Africa, June 2005. Anyone interested in participating or associating with those who will be running the Comrades Marathon are welcome to do so. For more information, contact David McConkey [sunshyne@nexicom.net](mailto:sunshyne@nexicom.net).

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#### TRAIL APE FOLLOW UP

In the Trail Ape article it was mentioned that learning to tape one's ankles would help for those who had gone through a recent strain. Jon is wondering if anyone can elaborate on the details. Any web sites, graphic photos, etc.

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#### RACE REPORT Haliburton Forest 100 miler

I'm pleased to say that I managed to complete the Haliburton 100 again. Thanks for the advice to try the Tegaderm patch on my heels. Unfortunately they came off some time around 50 miles so had to switch to hockey tape. Feet were in better shape than last year but back to the drawing board. Got some Elastikon tape and advice on how to use tincture of benzoin from John Turner while at the Toad so will be giving this a try at Vulture – especially since even a 25k has produced more blisters on my already soft heels.

Anyway, the following will be appearing in the next UltraRunning.

Haliburton Forest 100m Saturday September 11, 2004

'The trail was very long.' Maybe we had had too much fresh air, maybe we were ~~guy~~ from spending yet another long day on the trails, maybe we had spent too much time recently on the trails. Wait, that last one doesn't make sense, it's too beautiful in the forest for that to happen. Helen, Gary, Caroline and I were sitting around the fire in the Haliburton Forest on the Monday night after the race. We had just finished clearing ribbons from most of the trails and we were trying to capture some thoughts from the races that had taken place on the weekend. While it

doesn't make any sense that 100 miles here is any longer than 100 miles anywhere else after the work we had completed on Monday and another day of trail clearing to look forward to (and maybe with the help of a couple of beverages) it was becoming easy to believe.

Helen changed the course in the first 25k for this year to increase the length of trail and reduce the amount of gravel/hard pack road sections. While this made for more scenic running it also added to the challenge. The Haliburton Highlands certainly lived up to its name with terrain that varied from roots, rocks and dirt/muck and rollers that never seemed to end. No worries about one's legs going dead from long flat sections!

Mile for mile I believe that the 50k was the most difficult run with the steep trail and what seemed like never ending rocks in the new sections of trail. However, we did get to see some of Snow White's dwarves enjoying themselves on the side of the river on The Pass.

I was fortunate to meet up with Lynda at about 1 kilometer and Stephanie not long after. Lynda and Stephanie were attempting their first 100 but with their extensive multi-day adventure racing backgrounds I felt like the weak link. We had a great girls' night out and did all the things that all girls should do together: eat, drink, tape our feet, huddle behind trucks at aid stations to re-bag balm, consume more than the recommended daily dosage of Tums and of course pee together. I couldn't have picked better people to run with and am thankful to have had company to get me through the bad patches. We met with a wonderful reception at the finish line and were piped across the line.

Monica was on a tear this year. Every time she passed us she looked incredibly strong and of course with the ever present smile, positive attitude and words of encouragement. She posted an incredible time to finish first overall. This year the race also had two other first time 100 mile finishers in Jeff and Robert.

Once again, the weather was spectacular. Warm enough in the sunshine to keep the volunteers comfortable but still cool enough in the trails for good running. As an added bonus the weather at night was unseasonably warm allowing you not to have to add any layers as long as you kept moving. The best part is that all of the deerflies are gone for the season and I don't recall seeing any mosquitoes.

I don't think I can say enough about the volunteers. The vast majority of them drive anywhere from three to six hours to get to the race and stay for the whole weekend. With no electricity or running water beyond the start/finish this is definitely above and beyond the call. We passed by aid station #2 a total of eight times and each time the Price's and crew seemed happier to see us. I recall seeing wine and cheese along with DVD movies at aid station #3. Dan Boon decorated each side of the trail with plastic pinwheel flowers to let us know we were almost at #4. There were stories of volunteers doing exotic dancing at #5, the 50k turnaround. Who can resist the lure of Gary's beer & burger station #6, we just had to keep coming back for more. But the real reason to do the 100mile at Haliburton is to be able to return to Scholz's Deli at #7. Sorry guys, but Dieter and Frank are pros. Everything is good in the daytime but I don't think I can begin to describe how wonderful homemade lasagna and butter tarts can taste in the early hours of the morning - it's like an oasis in the middle of the forest. Bottom line, everyone took care of us incredibly well and I can't say that we lacked for anything. Thanks again to all of you.

A big help for the race once again was from the crew of Minden ham radio club. Cell phones do not work in the forest so these guys were invaluable to keep the aid stations informed as to where people were and if any supplies were required.

Of course, the race could not take place without the support from all the sponsors and from The Haliburton Forest and Wildlife Preserve. Even though I said never again on the finish line I have gotten over that brief moment of delirium so if you are looking for a challenging race on beautiful terrain with the best volunteers in the business look no farther - hope to see you next year on Saturday September 10, 2005. Sharon Zelinski