

Frontrunners Ottawa

Volume 1, Issue 1, April/May 2004

Upcoming events:

1. **Sunday, 18 April, after 5:00 pm at Social (537 Sussex Drive):** Help celebrate with Ms de Boer her fabulous coming of age! Stephen is turning 40 and has graciously extended an invitation to drop by Social after 5:00 pm.
2. **Wednesday, 28 April, A Taste for Life, at Social:** We have made a reservation for 15 people at 7:30 pm. So far we have Stephen, James, Pu, Dick, Roger, Grant, Shawn, me, Steve (potential new recruit), Rob (potential new recruit), and François and John (potential new recruit). Please let me know if you intend to join us asap so that I can change the reservation as required.
3. **For avid cyclists in the group:** Pu has extended an invitation to join him in the Rideau Lakes cycling tour. Contact him at puchen@sympatico.ca and (or) refer to <http://www.ottawabicycleclub.ca/rideaulakes.shtml> for more information.
4. **National Capital Marathon Race Weekend:** 28–30 May. If you haven't already registered, here is the Web link (<http://www.ncm.ca/>). Several of club members are running the 10-km run on Saturday, 29 May, while others are running the ½ and full marathons on Sunday, 30 May. Come out and cheer them on!
5. **June running event:** Stay tuned as Shawn and I are looking into a race event sometime mid to late June that might be of interest to the club and before people head off for vacation.
6. **Saturday, 2 October, Trail Relay (95.5 km) event:** There are 10 legs to this relay ranging in distances from 4.0 to 17.5 km. The team registration fee is \$290.00 per team with a limit of 20 teams. Registration must be received by early September. I know that James, Stephen, Shawn, Bill, and I had expressed some interest in this event. (Gawd...we must be crazy!) Contact either Shawn or me for more information. We could also join the team being assembled by Dave McC.

Happy birthday:

| | |
|-----------|----------|
| Dave McC. | 09 April |
| Shawn | 14 April |
| Stephen | 18 April |
| Terry | 25 April |
| Bill | 14 May |
| Grant | 17 May |



May you all have a wonderful birthday and a fantastic year!

Let Shawn or I know if we missed anyone.

A fond farewell:

Patrick
Michael B.



Best wishes to you both as you commence a new chapter; we shall miss you!

Keep in touch!

Past running events:



Santa Shuffle, 6 Dec. 2004



Run for the Cure, 5 Oct. 2003



Recipe corner:

Michael C's white-chocolate macadamia cookies

The measurements are American, but I think pretty much are the same in Canada, or convertible.

Yield: about 60 cookies

| | |
|------------|---|
| 1/2 lb. | butter |
| 1 cup | dark brown sugar |
| 1 cup | granulated sugar |
| 2 | eggs |
| 1 1/2 tsp. | vanilla (or go a little higher if you like) |
| 12 oz. | flour (2 1/4 cups) |
| 1 tsp. | salt |
| 1 tsp. | baking soda |
| 1 cup | macadamia nuts (chopped for small cookies) |
| 12 oz. | white chocolate chunks (2 cups) |

- ? Preheat the oven to 375 °F and grease cookie sheets.
- ? Cream the butter and sugars together until well blended and fluffy. An electric mixer is helpful, otherwise be vigorous.
- ? Add the eggs one at a time and mix until well incorporated and fluffier.
- ? Sift together the flour, salt, and baking soda, then mix thoroughly into the butter mixture.
- ? Add the nuts and chocolate and stir into the mixture above.
- ? Place on cookie sheets by the teaspoonful, at least 1 inch apart.
- ? Bake for 8–10 min, until the edges have just begun to brown and the centers are cooked but not really set. Let rest a couple minutes out of the oven before taking off the cookie sheet and cooling on a rack.
- ? When cool, package airtight so that they remain chewy and don't dry out.

Note that I give the flour measurement as a mass because volume measurements are notoriously inaccurate and these cookies are really sensitive to variations in that. The standard volume of 2 1/4 cups works pretty well with all-purpose flour out of the bag, but I recommend checking the mass if you can.

Disclaimer: Shawn and I are not responsible for any mass gain associated with using the recipes in this section.

Contact information:

Shawn Murphy
[\(\[murphy@fusecommunications.ca\]\(mailto:murphy@fusecommunications.ca\)\)](mailto:murphy@fusecommunications.ca)

or

José M. Perez
[\(\[imperez@sympatico.ca\]\(mailto:imperez@sympatico.ca\)\)](mailto:imperez@sympatico.ca)