

UPCOMING EVENTS:

- Sunday, 20 June 2004, CS CO-OP Do It For Dad (5 and 10-km runs):** This event is a fundraiser for prostate cancer. We will have some pledge forms available for interested people. You can also visit the Web site at [Do it for Dad \(Run for Prostate Cancer\)](#) for the route and other information. Registration fee is \$25.00 for adults and children under 12 years old are free. Come out and make this another successful club event.
- July/August:**
 - Pot-luck Barbie at Jose's place. Date to be announced.
 - Swimming afternoon at Shawn's cottage. Date to be announced.
- Sunday, 25 July, 2004, Ironman USA:** Our beloved Bill B. needs our support to raise funds for Bruce House, which provides care and programs to those living with HIV and AIDS. For more information, check out [See Bill Run](#). For those not familiar with Ironman competitions, it involves a 3.8-km swim, 180-km bike, and a 42.2-km run. Yikes! And we thought the half-marathon and marathon distances were tough. Also, good luck to Dick G. who will also be participating in the Ironman. You guys are amazing!
- Saturday, 2 October 2004, Trail Relay (95.5 km):** 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. Shawn and I have the pledge forms as well as additional information. Let either one of us know if you would like a copy, and those who have already expressed interest, we shall be forwarding the information shortly. For more information visit [Achilles Rail Trail Relay](#).
- Gay Games VII, 15–22 July 2006:** For more information, see <http://www.chicago2006.org/>. Time to start thinking about the next Gay Games.
- Rendez-Vous Montréal, 29 July to 5 August 2006:** For more information, see <http://www.montreal2006.org/>. If Chicago is too far, why not consider this alternate international event?

HAPPY BIRTHDAY:

Dick	8 July
Roger	31 July
Matthieu	12 August
Michael B.	28 August



Have a fabulous year to all (including those that we have missed)!

INTERNATIONAL FRONTRUNNERS:

Did you know that the first frontrunner club began in 1974 in San Francisco? As we are part of an international family of running/walking clubs, and if you find yourself travelling in the near future, why not hook up with the other clubs and do some promo for our group. You can find more information about the other clubs at <http://www.frontrunners.org>.

WEB SITE FOR OFR:

Michael C. has graciously volunteered his time to develop a Web site for OFR. Stay tuned for more updates on the progress of this endeavour.

TIPS FOR SUMMER

RUNNING:

Planning to run through the summer heat? Here are some tips you'll find helpful to keep you healthy and safe.

- Drink lots of fluids. Dehydration happens quickly.
- Avoid running in the mid-day heat. On the extremely hot days, try to run early in the morning or in the evening.
- If it's too hot, don't run. Your training won't suffer if you skip a run.
- On sunny days, wear sunscreen, a hat (baseball cap), and sunglasses. Just because you're moving doesn't mean you won't burn.
- Take care of your feet. Your feet become extremely hot on warm days. You can avoid blistering by wearing blister-resistant socks and using foot powder.

Contributed by Shawn

PAST RUNNING EVENTS:

National Capital Race weekend (30-year anniversary):

Well, I must say that this event was just amazing. What a show of support from the community for over 30 years. Congrats to all who ran in the various events from the club (hope we got all of you below). There were also members of Fronrunners Toronto, Fronrunners Montréal, and The Running Moose Squad/Fronrunners Peterborough among the runners. What an inspiration....almost makes me want to sign up for a 1/2 marathon next year! Only managed to get a glimpse of a few of you!

10 km

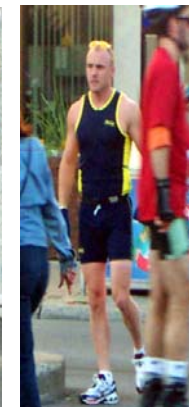
- Bill
- Chris
- David M.
- Gilles
- José
- Matthew
- Robin
- Roger

21 km (1/2 marathon)

- Dan
- Dave McC.
- David P. (Fronrunners Toronto)
- Joe (Fronrunners Toronto)
- Paul (Fronrunners Toronto)
- Peter
- Pu
- Stephen
- Tony

42 km (marathon)

- Catherine
- David C.
- Ian (Fronrunners Montréal)
- James
- Jody (Vancouver)
- Michael C.
- Shawn





RECIPE CORNER:

Michael C.'s favourite carrot cake recipe

Both recipes from *The New York Times Cookbook* by Craig Claiborn (1990). Harper & Row, New York.

1 ½ lbs	carrots
2 cups	sugar
4	eggs
1 ½ cups	corn oil
2 cups	flour
2 tsp	baking powder
2 tsp	baking soda
2 tsp	cinnamon
1/8 tsp	salt
2 tsp	vanilla extract
1 cup	walnuts, chopped

- Preheat the oven to 350 °F.
- Grate the carrots into fine shreds. This should yield about 4 cups packed.
- Butter the inside of three 9-inch round cake pans. Line each with a round of wax paper. Butter and flour the round.
- Sift together the flour, baking powder, baking soda, cinnamon, and salt.
- Beat the sugar and eggs until thickened. Beat in the oil gradually until emulsified.
- Fold the dry ingredients into the egg mixture. Fold in the vanilla, carrots, and walnuts just until blended.
- Distribute the batter among the three cake pans. Bake 35 to 40 minutes, until the tops spring back when gently pressed.
- Remove from the pans and cool on a wire rack. Fill and frost with cream cheese frosting.

Cream Cheese Frosting

16 oz	cream cheese
8 oz	butter
5 cups	confectioner's sugar
2 tsp	vanilla extract

- Preheat the oven to 350 °F. Ensure the cream cheese and butter are at room temperature. Whip together until lightened.
- Add the confectioner's sugar and vanilla. Whip together a few minutes until completely smooth and fluffy.

Disclaimer: Shawn and I are not responsible for any mass gain associated with using the recipes in this section. Although, bringing samples to share is always welcomed!

Send your favourite recipes to José for inclusion into the next newsletter. We need some recipes of main entrées (i.e., vegetarian dish, etc.).

OFRR T-SHIRT LOGO:

We need your help! Stay tuned, as we will be asking members to vote for their favourite logo from out of three options. If you also have any ideas, please forward your concept logo to either Shawn or José or Michael.

OFRR RUN TIMES:

Tuesday nights at 6:30 pm
Saturday mornings at 9:00 am

Runs start at the Lisgar Street entrance (i.e., rear entrance) of Ottawa City Hall.

Coffee (Tuesday nights) and breakfast (Saturday mornings) usually follow the runs.

CONTACT INFORMATION:

Forward ideas, info., etc. to your Newsletter Editor and Cruise Director.

As always....the membership makes the club!

Shawn Murphy
(murphy@fusecommunications.ca)

José M. Perez (aka Julie)
(jmperez@sympatico.ca)

Michael Cooper
(1cooper2181@rogers.com)