



## UPCOMING EVENTS:

1. **January 2005:** 2nd anniversary supper and AGM. Date, time, and location yet to be determined.
2. **Gay Games VII, 15–22 July 2006:** For more information, see [chicago2006.org](http://chicago2006.org). Time to start thinking about the next Gay Games.
3. **Rendez-Vous Montréal, 29 July – 5 August 2006:** For more information, see [montreal2006.org](http://montreal2006.org). We have successfully formed a team of 17 OFR members participating in the marathon, ½ marathon, 10-km road race, track and field, and triathlon events. The organizers have indicated that there will be another running event that will take place earlier in the week; the event will be either a 5- and 10-km road race or a 4- and 8-km trail race. We shall keep you post of development. **Early registration ends 31 December 2004.**



## HAPPY BIRTHDAY:

Patritica            09 December  
Brian M.            17 December

Have yourselves a fabulous year (including those that we have missed on the birthday list)!

## RACE RESULTS:

**Rattle me bones (October):** Catherine, Brian R., Gilles, José, Peter, Phil, and Shawn (see pictures on following pages).

**Santa Shuffle (December):** Bill, Brian R., Catherine, Jafar, Michael, Phil, Shawn, and Stephen (see pictures on following pages).

Way to go to all for your achievements to date! You are an inspiration to all of us in the club!

## OFR T-SHIRT LOGO:



Here is the club's logo for the shirts; note that the navy blue approximates the navy blue colour of the shirts. Shawn has picked up the order of 50 navy blue micro-tech shirts from Bushtukah. To date, we have collected deposits from the majority of the members who ordered shirts. I believe that we have all 50 shirts accounted for at the moment. Shawn contacted the printer before the holidays and is waiting for a call back from them regarding the printing of the shirts.

If you have not yet made your deposits, please either bring a cheque for \$30.00 payable to "Shawn Murphy" to the next run, make alternate arrangement with either me or Shawn, or you can post the cheque to me, José M. Perez, at 383 Cumberland Street, Unit 712, Ottawa, ON K1N 1J7. We will issue your receipt once the cheque has been received.

## WEB SITE FOR OFR:

Michael C. has been working on the Web site for OFR. Stay tuned for more updates on the progress of this endeavour.

## 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 traveling 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 [International Frontrunners](#).

The minutes from the AGM of IFR is available to OFR members upon request. There will be a special meeting and e-vote held between 15 and 29 January 2005 that will tackle the question of membership by IFR to GLISA. Individual clubs have already joined GLISA, such as Seattle Frontrunners, Toronto Frontrunners, and us. Shawn is OFR's contact person with IFR, so if you have any opinions regarding IFR as a whole to joining GLISA, please let him know.

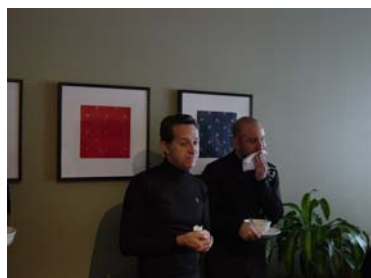
The next AGM will be held in San Francisco from 23 to 26 June 2005. Contact your Cruise Director for more information.

## GLISA MEMBERSHIP:

Thank you for joining us on Saturday, 11 December 2004, and we especially thank Dave McConkey (Canadian representative at IFR) and Rachel Corbett (Executive Director from GLISA) for updating us on IFR and GLISA, respectively.



Our application to GLISA was sent on Friday, 17 December 2004, and our club's name is now listed on GLISA's members page. Shawn is the contact person for GLISA.



## TIPS FOR FALL/WINTER RUNNING:

We decided to re-run Shawn's tips for Fall/Winter running, especially since we have our first cold snap of the winter season. Eight souls braved the cold on 21 December. So, if you are thinking of braving the weather, here are points to keep in mind:

- The trick for winter running is to layer up. Avoid cotton or other natural fibres in favour of synthetics/microfibres that wick away moisture and keep you dry.
- As the weather turns colder (like now), start with a light short- or long-sleeved t-shirt and add a mid-weight layer or shell. You can buy light, mid-weight, and heavy-weight inner layers, and use your judgment about how many layers to wear depending on the conditions as it gets colder.
- Once the weather turns cool, a shell is a must. You'll want one that breathes well and provides cover for the inside layers. A good shell keeps wind out and warmth in.
- Running pants come in various weights too. You can wear regular weight pants in the cooler weather and add synthetic underwear on the very cold days. But again, it's all about judgment. No two people feel the cold in the same way. If you're cold, go for a heavier weight pant and add the underwear when you feel you need them. Women tend to get colder in the lower half than men, so keep this in mind.
- Shoes tend to be the same regardless of the season. Feet tend not to get cold if you're always moving. But hats and gloves are a must, as is a balaclava for extreme days. You don't want to freeze! All these items should be synthetic so that they will breathe well.
- I'm a big fan of Bushtukah, located at Richmond and Kirkwood (across the street from the new Loblaws). They have lots of volume and their prices tend to be lower. Ask their sales people for help. They're all very knowledgeable about clothing.
- Best advice: don't run on extreme days, days that are too icy or slippery, or in heavy snowstorms. Experience shows that there are really only about 10 days or so in a typical winter when you should not be running. Otherwise, get out there and enjoy!

Want more advice? Don't hesitate to ask when we're together on Tuesdays or Saturdays, or send Shawn an e-mail.

## PAST RUNNING EVENTS:

### Rattle me bones (5- and 10-km runs), 24 October 2004:

What a gorgeous morning to have this Fall run! Catherine, Brian R., Gilles, José, Peter, Phil, and Shawn ran their hearts out. Everyone set personal bests.



**Santa Shuffle at the Arboretum, 4 December 2004:**

What a gorgeous morning to have this run! Bill, Brian R., Catherine, Jafar, Michael, Phil, Shawn, and Stephen dawned on their Santa hats; some even had flannel pajamas and bells on to complete their outfits. Bill even got interviewed for the 6:00 pm news with the New RO. Way to go Bill! Thanks to Matthew, Wil, Pu, and Michael B. for cheering the folks at City Hall before the sleighs headed to the Arboretum. Pictures are courtesy of Pu and José.



## **OFR 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, information, etc. to your Newsletter Editor and Cruise Director.

As always....the membership makes the club, so your input is most welcome by the organizers!

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

José M. Perez (aka Julie)  
([jmperez@sympatico.ca](mailto:jmperez@sympatico.ca))

Michael Cooper  
([1cooper2181@rogers.com](mailto:1cooper2181@rogers.com))