



» ottawafrontrunners.org

Ottawa Frontrunners welcomes runners (gay, lesbian, transgendered & their friends) of all ages and abilities.

Meet for a Fun Run at Ottawa City Hall, Lisgar Street entrance: Tuesday evenings, 6:30 pm, Saturday mornings, 9:00 am.

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Past Events

Sunday, 19 June, 2005

Alterna Do it for Dad!, Ottawa

The 2 km, 5 km & 10 km events began Sunday morning, at Carleton University's Anniversary Park. The course routes followed Colonel By Drive, overlooking the Rideau Canal.

Friday, 1 July, 2005

HBC Run For Canada, Ottawa

The 10 km race began at 7:30 am, following a scenic course by Parliament Hill, and crossing into Gatineau.

Friday, Saturday, 27-28 August, 2005

Pride Weekend, Ottawa

To cap off a great weekend of festivities, on Sunday morning OFR members carried a new banner in the annual parade, and later presented club info to potential new members at a community booth on the grounds of City Hall.

Sunday, 2 October, 2005

CIBC Run for the Cure, Ottawa

Once again this year, José, (Team Captain), and other OFR members ran as a team for this 5km event, raising funds for breast cancer research.

Other GLBT Organizations

Rideau Speedeaus

Ottawa's GLBT swim team. They practice several times per week and participate in competitions and hold an annual tournament and dance. Several members of Ottawa Frontrunners cross train with the Speedeaus.

More Information: www.rideauspeedeaus.com

Gay Ottawa Volleyball (GOV)

A group of people for the GLBT community who meet every Monday and Wednesday nights from September through May for fun nights of volleyball in the nation's capital. Mondays are recreational and Wednesdays are competitive with fixed teams.

More Info: www.gayottawavolleyball.com

TimeOut Hiking

At least one hike will take place every month from May to October. Potentially, winter hikes will be organized in the future. The destinations are mainly in the areas surrounding Ottawa.

More Information: Contact Pu, or www.timeouthikingottawa.ca

Upcoming Events

Sunday, 16 October, 2005

The Toronto Marathon, Half Marathon, 5km & Relay

This annual event has generated more than \$4 million for research and care at Princess Margaret Hospital; MS; Leukemia; POGO; and the Toronto Foundation for Student Success. Participants can qualify for the Boston Marathon and other accredited international marathons. Online registration from 10 September until Race Day is: \$90 (full marathon); \$70 (half marathon); \$35 (5km); and \$600 (Honda Relay).

More Information: www.torontomarathon.com

Saturday, 5 November, 2005

The 6th Annual Cookie Run, Ottawa

This annual event supports the Girl Guides of Canada. Registration for the 5km and 10km events is \$15 for adults, (until 24 October); \$20 (from 25 October-4 November); and \$25 on Race Day. Races begin at 10am, at Carson Grove Public School & National Research Council, (Montreal Road Campus).

More Information & Online Registration: www.events.runningroom.com/site/?raceld=1873

Saturday, 3 December, 2005

Santa Shuffle, Ottawa

This annual event supports the Salvation Army's Christmas Appeal. The 5km run begins at the Dows Lake Arboretum at 10am. Registration for the event before 1 November is: \$15/person; \$40/family (max 6 people); and \$100/corporate team (max 10 people). After 1 November, the fee is: \$20/person; \$50/family; and \$125/corporate team.

More Information: Merivale Road Running Room (613) 228 3100.

Online Registration: www.events.runningroom.com

Saturday, 31 December, 2005

Resolution Run & Walk, Ottawa

Now entering its 21st year, this annual run begins this year at Colonel By Drive & Pretoria Bridge. Registration for the 5km run/walk and 10km run is: \$40 (before 1 December); \$45 (1-26 December); and \$50 (27-31 December).

More Information: Ottawa Running Room (613) 233 5617.

Online Registration: www.events.runningroom.com

Pride Weekend: Parading Our New Banner!, Sunday 28 August

Photos Contributed by: José.



Pride Weekend: Chillin' at City Hall, Sunday 28 August

Photos Contributed by: José.



Pronation Explained

Source: runnersworld.com

Understanding your personal pronation type is crucial to choosing the proper running shoes. If you have a normal arch, you're likely a normal pronator, meaning you'll do best in a stability shoe that offers moderate pronation control. Runners with flat feet normally overpronate, so they do well in a motion-control shoe that controls pronation. High-arched runners typically underpronate, so they do best in a neutral-cushioned shoe that encourages a more natural foot motion.

Normal Pronation

The outside part of the heel makes initial contact with the ground. The foot "rolls" inward about five percent, comes in complete contact with the ground, and can support your body weight without any problem.

The rolling

in of the foot optimally distributes the forces of impact. This movement is called "pronation," and it's critical to proper shock absorption. At the end of the gait cycle, you push off evenly from the front of the foot.

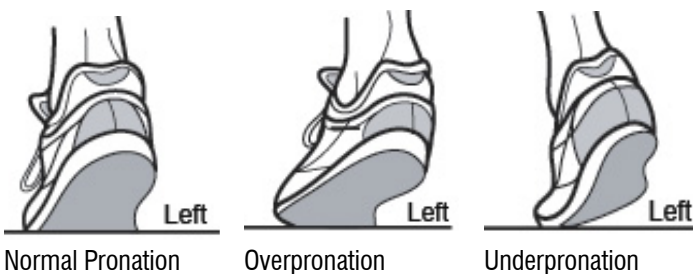
Overpronation

As with the "normal pronation" sequence, the outside of the heel makes the initial ground contact. However, the foot rolls inward more than the ideal five percent, which is called "overpronation." This means the foot and ankle have problems stabilizing the body, and shock isn't absorbed as efficiently. At the end of the gait cycle, the front of the foot pushes off the ground using mainly the big toe and second toe, which then must do all the work.

Underpronation

Again, the outside of the heel makes initial contact with the ground. But the inward movement of the foot occurs at less than four percent (i.e., there is less rolling in than for those with normal or flat feet). Consequently, forces

of impact are concentrated on a smaller area of the foot (the outside part), and are not distributed as efficiently. In the push-off phase, most of the work is done by the smaller toes on the outside of the foot.



Off and Running...

To accompany the images (shown opposite) from the OFR Photo Album, we've asked Shawn to describe OFR's early days, including the people and guiding principles that helped the club grow.

The latest incarnation of Ottawa Frontrunners (OFR) made its humble debut on a frigid January day in 2003 when four or five brave souls gathered for the first group run.

The idea to form a running a group came to me when I traveled to Sydney, Australia in November 2002 to participate in the Gay Games marathon event. Thrown together with a group of other running and track athletes from Ottawa, I realized I didn't really know anyone except for one or two people who had been part of a previous OFR group that existed in the mid- to late-1990s. When I asked my new acquaintances if they would consider running as a club when we returned to Ottawa, they were enthusiastic. I figured it would be good for me and maybe good for the community, too.

It's easy to forget how cold Ottawa is in winter when you're enjoying summer conditions down under. I wasn't sure how keen the group would still be when we got back to Ottawa. But when that first email reminder went out, the folks who said they'd join kept their word.

Since those early days, the group has grown beyond what anyone could have imagined. Today, we have a strong base of runners of all ages and fitness levels. We're also established well enough now to have participated in this year's Pride celebrations – a testament to how far we've come as a club. It's a real pleasure to see Ottawa Frontrunners take a confident place in the community.

My own small contribution in the first couple of years was pretty simple. I tried to build awareness in the community by marketing the group in local newspapers and Web sites. I also wanted to meet a couple of basic objectives: to make sure runners started and finished together; and, to make sure nobody ran alone. If I didn't do one other thing, I figured those things alone would keep the group together.

OFR has been a joint effort since day one. There have been a lot of capable hands nurturing the club. In the first year, everyone was involved in some small way. José organized us to participate in charity races and other activities. Other folks had good ideas about where to meet, where to eat breakfast on Saturday morning (that's important!), and how to keep us together. Most importantly, runners stuck with us by coming back week after week.

Today, Ottawa Frontrunners is part of the International Frontrunners organization. I believe we represent them well here in Canada's capital. And I believe we are a welcome and welcoming club for our community.

Run for the Cure

October 2003, 2004

An excerpt from the OFR Photo Album.

2003



2004



Santa Shuffle

December, 2003

An excerpt from the OFR Photo Album.



Run for the Cure, October 2005

This year, Bill, Eldred, Hugh, Jose, and Peter raised over \$800 for Breast Cancer Research - way to go guys!

