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FEATURES



ABOVE Brandon McBride at the 2017 world championships in London

Destination: Half-Marathon

46 Picking and committing to a far-off destination race is both a fun way to see another part of the world (and more of it than most tourists) and keep you motivated to actually train for it. *The Shakeout Podcast* producer Joan Chung took a trip across the pond to the Saucony Cambridge Half-Marathon in England. Her goal was to PB, and she ended up learning everything you need to know about travelling for a race in the process.

By Joan Chung

 Front Runner

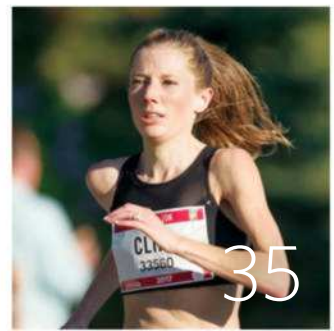
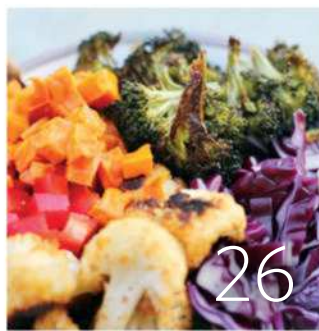
54 Windsor, Ont. middle-distance protégé Brandon McBride is one of the most promising track talents Canada has ever produced. As he enters the 2018 Commonwealth Games in Australia, he's a clear favourite to win a gold medal. But can McBride become an Olympic champion? Paul Gains profiles the 800m runner who likes to take a race out hard.

By Paul Gains

Distance Kids

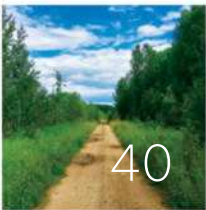
60 As longer distances become normalized in the running world, children are now tackling half-marathons, marathons and even ultras. But should kids run long? Jessica Aldred talks to race directors, coaches, parents and even kids who've run a marathon in Antarctica to find out if children should be marathoners.

By Jessica Aldred



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Clockwise from bottom: left: Matt Stetson, Michelle Simpson, Courtesy Athabasca Ultra, Uncredited, Kim Doerksen, Mundo Sports Images, Uncredited, Kati Gee

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10 QUESTIONS WITH

Gabriela Stafford

The 22-year-old track star from Toronto on discipline, a good meal and being courageous



Gabriela Stafford racing the 1500m at the Canadian Track Championships

1 What would you say are your defining characteristics as a runner?

I'll always stick my neck out to see what I can do. I'm always learning to become a more versatile and skilled racer, and I strive to run every race courageously. I hope those characteristics shine through. I think my training partners would agree that I am very driven, but I also like to keep training fun and not too intense.

2 What do you admire most in another runner?

Athletes who race with a lot of guts and grit, and athletes who approach their training with a lot of respect and discipline. Living and training with Andrea Seccafien last year really inspired me to approach my training with more discipline as well.

3 What is your idea of happiness?

The small things. Being full after a really good meal, escaping the city as you run onto a ravine trail, going for broke in a race and not being sure if I'll blow up but sticking with the pack anyways, an exquisite sunset, the way a fresh snowfall mutes the landscape, the smell after it rains, good coffee, a stary night up north, really good music, a hug from a loved-one. How cheesy am I?

4 Who are your athletic heroes?

Too many to name, but I loved learning Zola Budd's story as a kid from my dad.

5 Where would you like to live?

I do really love Toronto, but if not Toronto then somewhere on the West Coast; maybe Portland or Vancouver.

6 What is your greatest running related regret?

Having that extra creamy pasta carbonara for dinner the night before a morning tempo run.

7 What is your greatest fear?

That we, as a human race, will never get our act together to live more sustainably on this planet. It's a big source of anxiety for me, especially knowing that my lifestyle contributes to environmental damage. I do my best to reduce my impact: I eat less meat, minimize waste and take public transit. But society really needs to be dramatically restructured so that living sustainably is easier than living unsustainably. As it stands now, relying on the initiative of individuals won't be enough. Sorry, that was a heavy answer.


8 If you could change one thing about yourself, what would it be?

I'd love to have super-crazy memory.

9 What's one thing you can't live without?

My family and friends (cue awws).

10 What is your motto?

After pondering this question for 15 minutes I've decided that I'm too indecisive to have just one motto.—CR 

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The Experimental Distance

Half-marathons can be run like 5Ks or ultras, and that's why they are ideal for taking big risks

Looking back, my half-marathon PB (so far!) probably taught me more about running than any other single race that I've run. Sure, the marathon can be far more humbling, and when done correctly (i.e. with a great deal of training, race-day patience and luck) is perhaps the most rewarding experience in sports. But because a marathon is such an all-or-nothing endeavour, it's not an experience you can play with. The half, however, is an opportunity to experiment.

A few years back, on a rather hilly course in late-February, I decided to throw all caution to the wind (and there was some of that as well), and just see what I could do. I had a relatively good idea of what sort of shape I was in, and was a bit disappointed with what I had to work with. In the moments before the race, I decided I would take every risk as the opportunity materialized in front of me. For some reason, the first one presented itself as I geared up at the local gym, where the race was being hosted. I decided to take off my GPS watch, that technological safety blanket for runners, and leave it tucked into one of my winter boots.

When the gun went off, I took the next risk that presented itself before me, and I followed one of my much faster club mates. When we hit the first major hill climb, I ran it like it was a repeat, and told myself to worry about the recovery when the course flattened out – which it only did about 5K later. By the time we got to the halfway point of the race, I was sucking wind hard. I recall thinking, as I nearly collapsed upon the orange cone when I twisted around a hairpin turn, that I was close to my 10K PB, and it felt more like I'd been running a 5K.

I was convinced the next 10K was going to be a grim positive split, but just as I was embracing the idea of a graceful meltdown, my next risk revealed itself before me. I was still somehow hanging on to my club mate and I heard something unexpected from him – gasping. So, I decided, why not, I would step into the open road next to him and go for the pass. Someone long ago told me that if you're going to dare to pass someone, do it with



confidence. So I held my breath, as to conceal my own hyperventilating (note: this is not a great idea), and I ran as hard as I could.

When I finally dared inhale and reveal that I was suffering badly, I noticed something between my frantic snorts – or, rather, I noticed a lack of something, anything. My club mate had vanished behind me somewhere. I dared not look over my shoulder, and instead looked ahead and decided upon my final risky move: I'd run even harder, all the way to the finish line. I smashed my personal best that day by a few minutes, and discovered that the half-marathon can be run with incredibly intensity. I also tapped into what Alex Hutchinson writes about in his fantastic new book, *Endure*: perhaps it's worth pushing your limits repeatedly and aggressively, if for no other reason than to see if they can be moved back.

The next time you take on this glorious distance, make note of a few risks that can be taken at that distance, such as running just a little bit faster, and becoming engaged with the runners around you. You are in a race, after all, and although measuring yourself against others is fruitless, challenging yourself through them can help you unlock your true potential. Just remember to eventually breathe after you've passed a supposedly faster runner. **R**

Michael Doyle, Editor-in-Chief
 @CanadianRunning

ABOVE
 The *Shakeout* Podcast producer, Joan Chung's race kit for the Saucony Cambridge Half-Marathon; read about her adventure on p.46



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CONTRIBUTORS



Destination: Half-Marathon

p.46

JOAN CHUNG is the producer of *Canadian Running's* weekly podcast, *The Shakeout*. She likes to squeeze in a race while travelling, having run the Boston, New York City, Paris and the Chicago Marathons in lieu of true vacations. She recently PB'd in the half-marathon while reporting on her experience in Cambridge, U.K.



The Runner's Wave

p.80

KRISTINA JENEI is a Vancouver-based pastry-lover and runner (because of the pastries). She is an experienced mid-pack runner and trains with the Vancouver Falcons Athletic Club, where she desperately tries to cling onto the back of the pack.



The 80 Per Cent Kipchoge Challenge

p.35

RACHEL CLIFF is an elite track, cross-country and road runner living and training in her hometown of Vancouver. She has represented Canada at the IAAF World Championships in the 10,000m. In March, she set a national record in the half-marathon, running 1:10:08.



From Edmonton to Istanbul

p.44

Having only dabbled in running before 2017, **ADAM ROY** began to take the sport more seriously after a rash of bad cycling incidents, including cracked ribs and having all his bikes swiped from his condo building's garage. A photographer with degrees in both animation and human geography, Roy splits his time between Edmonton and Istanbul, and won't shut up about either.



ON THE COVER

Lacing up her running shoes for the first time outside of a gym class five years ago, **CHRISTINA TIFFEN** quickly fell in love with running and the run community in Toronto. From Arizona to Orlando, San Francisco to Vancouver she's covered a lot of ground, and a lot of races, in a short amount of time. This self-proclaimed city girl recently re-located to Caledon, Ont., where she can now be found embracing country trails on the weekends with her two dogs, Apollo and Finnegan.

PHOTO Jess Baumung

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Trail runners rescue litter of puppies from site of Barkley Marathons

Two trail runners came across five puppies seemingly abandoned within Frozen Head State Park in the Wartburg, Tenn., area

Two trail runners recently rescued five puppies from Frozen Head State Park, the site of the Barkley Marathons.

Ashley Blake posted to the popular Facebook group "Trail and Ultra Running" that she and her training partner encountered the litter halfway through a training run for the Barkley Fall Classic, a race designed to offer runners a taste of what the actual Barkley Marathons is like. The Barkley Marathons is a 100-plus-mile race through the brush of the state park in the Wartburg, Tenn. area. (Winners of the Fall Classic earn automatic entry to the big Barkley, which is limited to 40 entrants.)

"Halfway through a Barkley Fall Classic 50K training run in Frozen Head [State Park] my training partner and I found a litter of five shivering puppies," the post reads. "With freezing temperatures and no food, they surely would not have made the night. The wonderful rangers met us and will bring them to the shelter today. Now we can add saving puppies to the list of ultra running adventures."

In an edit to the original post, Blake's update notes that "we took the puppies this morning to the shelter. There are four beauties that need homes. 'Barkley' is now part of my friend's family, made a perfect birthday present."



Asics opens first flagship store in Canada

The chic two-storey glass and steel retail space is the first of its kind in Canada, and features both the Japanese brand's latest performance and Tiger shoes and apparel

The Toronto retail location, at 364 Queen St. W., features two brands in the Asics family: Asics and Asics Tiger. The main floor houses the Japanese brand's performance and athleisure apparel, including road and trail shoes, as well as a treadmill for testing out product. The upper level celebrates the Tiger legacy and should become a key stopping point for sneakerheads in the city.

THE WARM-UP

Ashley Blake, Ashley Blake, Joshua Scott, Michael Doyle, Michael Doyle

Usain Bolt releases his own signature hot sauce

The collection is known as 'Usain's Insane Hot Sauce'

Eight-time Olympic gold medallist and 100m and 200m world-record holder Usain Bolt has his own hot sauce.

Named Usain's Insane Hot Sauce, the recipe is made from four different chili purées. It is available, for now, only in Australia. There are three flavours: Jamaican spice, mango and three chili and pineapple and Jamaican spice, with varying degrees of heat ratings.

Bolt retired after the 2017 IAAF World Championships in London.

A heartwarming letter from a mind-numbing race

We reported on Ottawa's Winterman Marathon, which features eight brutal 5K loops and is one of Canada's only winter outdoor marathons. The race director wanted to explain the reason for the tedious course design:

Thanks for the kind (?) words about our Winterman Marathon. There should be no doubt that this is indeed "Canada's most mind-numbing marathon," and we will wear that moniker with pride going forward!

The course is challenging to be sure, and runners certainly do get multiple beautiful views of the Ottawa River, the Canadian War Museum, and of course, the Peace Tower. Mind-numbing? Yes. Boring? Never!

As race director, I am strangely enough a fair-weather runner and have no idea why so many people would like to come out and do any of the distances we have on offer – let alone the marathon – but they do.

We keep the course to multiple loops because weather is always an issue. We've been blessed with unseasonably warm temperatures the last two years but that's not always the case. Having our medical team and staging area close at hand is paramount. Participant safety is super important to us.

Thanks again for the great press and we're looking forward to maybe incorporating that tagline into our outreach for future years. At least this year, our participants' minds were likely the only thing that went numb.

Ian Fraser

*Owner and Race Director
Somersault Events/Winterman*

WHAT'S NEW

Under Armour

SCRAMBLER JACKET

\$190

This sleek, fitted all-weather jacket has a nice next-to-skin feel without hugging you too tight during a lengthy run. Under Armour's Storm Technology does a decent job beading off rain without feeling like a garbage bag as your core temperature escalates. This is because Under Armour use Pertex, a material that has a semi-porous membrane, but it's main feature is that it's exceptionally light and packable. The two-and-a-half layers of this bonded fabric are super resilient, yet smooth and soft to the touch, and perfect for wearing a light T-shirt underneath on moderately warm rainy spring days.

The Scrambler has all the expected little details that make this a solid multi-use running jacket. There are shoulder vents for air flow, an angled media pocket placed at the chest to avoid the dreaded smartphone bounce, and zippable hand pockets for throwing in keys or gloves without the fear that they'll fly away as you ascend a mountain pass.



Stance

2018 SOCKS

\$19

Stance has made a name by taking one of the most historically boring components on an athlete's wardrobe, socks, and making them both fun and technically advanced. This California-based start-up has become one of the hippest brands in the athletic world. The brand is now the official on-court sock of the NBA and sponsors everyone from runner Lauren Fleshman to pop star Rhianna.

Stance isn't just about the pretty colours and flashy designs. The performance running socks are among the most durable and comfortable on the market. Stance's recent proprietary technical development is called Feel360. As the name suggests, it's a fully wrap-around weaving method that makes for a seamless and chafe-free fit. Stance's running-focused socks now all feature this super comfy and long-lasting design detail, making them more than just a statement piece for your next run.—CR **R**



Maritime Pride

Halifax-based Coastal Running Company wants runners to help clean up the oceans



By Alex Cyr

It took Matt Smith a summer away from the Atlantic Ocean to become most aware of a growing problem threatening it. “In the summer of 2017,” says the Moncton, N.B. native, “I was working in the western provinces and kept hearing about the waste accumulating in the oceans back home on the East Coast, and everywhere for that matter.” An increasing amount of reports of dirty sandbars, beached whales and toxicity levels prompted the Saint Mary’s University cross-country and track-and-field student-athlete to take matters into his own hands when he returned to school in Halifax in the fall.

A business and arts double-major, Smith founded Coastal Running Company, a running and casual apparel brand dedicated to raising funds for ocean clean up and increasing awareness about the accumulation of waste in the ocean. Ten per cent of the company’s proceeds are donated to the Ecology Action Centre in Halifax.

A passionate runner, Smith wants to convey his message to a familiar demographic. “On the East Coast,” he says, “the running community is small and tight-knit.




Kali Gee

Reaching out to people I know is my best chance at making a difference. Smith also points out that he was motivated after seeing running clubs and events around Canada focusing on trail and mountain preservation. “We wanted to be the first running-related brand that is dedicated to preserving the ocean,” he says.

While learning more about his market’s impact on the environment, Smith became concerned about unsustainable manufacturing processes. “The clothing industry is the second-most environmentally harmful industry in the world, behind energy,” states the 22-year-old. “Polyester and nylons break down, and their plastic wastes seep into the ocean.” Accumulation of plastic in the Atlantic Ocean has peaked in recent years. “People like to have an excess of clothes,” Smith says, “but to buy these products in bulk poses a big problem.” For that reason, Coastal Run Co. exclusively manufactures goods out of cotton and other recyclable materials. “We cannot stop people from wearing polyester,” says Smith, “but we want them to learn about the harms of these materials, and about what one person can do, even on a small scale, to be a solution to the problem. We want people to learn about how they can help.”

Smith has already come a long way since presenting his idea to a few teammates months ago. His brand is increasingly recognizable in Maritime running circles. Aside from helping out and supporting local track meets, the company now has an ambassador program, in which they endorse runners from all over North America. “We want to be visible, and spread our message without the use of expensive campaigns,” he says. “We love to connect with runners who care about



their environment. The more people we can reach out to, the better.” In the near future, Smith envisions a Coastal Run Co.-sponsored race, at which an ocean clean-up event will follow the run. “I’m passionate about the beaches,” says Smith, “they have been a part of my life since I was little. It would be a shame for them to go to waste.” 

Alex Cyr is a graduate student and varsity track runner living in Windsor, Ont.




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I Can Run

How chasing down a thief became an act of kindness

By Tess Aboughoushe, as told to Caela Fenton

It's Valentine's Day. I step outside from the chiropractor's office (I've been having some hip issues – one thing I'll say about running. It teaches you where you need to build strength). I'm definitely not dressed to run – we're talking clunky Bogg boots, a fluffy white parka, a great big purse banging against my side, plus I'm just leaving from an alignment, so my body is feeling a little off.

There's a man and a woman across the street. She cries out, "Oh, he's got my wallet! Come back!" just like a scene in the movies. I mean, just like a scene in the movies – I didn't even know such things happened that way in real life. At 11:30 in the morning. In Edmonton. There's nobody on the road except for me and them.

My only thought was, 'well, I can run.'

My fight-or-flight instinct took over. The repercussions of what could happen if I caught him didn't enter my mind as I began chasing him down. I could see another man walk toward the thief in the distance, so I scream to the man to stop him. He looks right at me and promptly walks into an office building.

I keep running, still about a half block behind. The man I'm chasing turns into a parking lot and I yell at another bystander to help me, and am ignored. The thief turns into an alley and I follow. Now I think I've lost him.

I'm moving forward, slowly, and he comes out from behind a dumpster. He holds out the wallet and says, "OK, I can't do this anymore." I think he means the running.

Now he's apologizing profusely, and he's holding out the wallet, but his other hand is in his pocket, so I'm a little nervous. So, I take out my phone and photograph him; somehow, it seems like an intimidating thing to do. He takes his other hand

(which is thankfully empty) out of his pocket, and he hands me the stolen wallet.

Now the owner of the wallet has caught up to us. And we're all still here. I wasn't really expecting that he was going to stick around. I thought he'd drop that wallet and run. Both the man and the wallet owner are quite upset and I'm just trying to diffuse an emotional situation. I figure the best way to resolve it is to throw in some positive vibes.

"Would you like to get a coffee?"

To my surprise, the thief says yes.

We walk into Credo Café, a popular spot downtown near the alleyway. I order him a large coffee (to stay) and myself a small (to go). We sit down on the couches, and he tells me that he was visiting Edmonton with friends from Calgary and that they abandoned him. He just needs money for a Greyhound home. Afterward, a lot of people said to me "Ah, that's the oldest trick in the book, he was totally lying to you." But in the moment, it didn't matter whether it was true or not – what mattered was showing kindness.

When I get back to the office, the adrenaline starts wearing off and I'm a bit shaky. I call the police and report what happened and I do what people do when they're shocked about something nowadays – I make an Instagram post. It was definitely meant to be a "Holy crap" post, not a "Look at me" one.

If this had happened a few years ago, I might not have chased after him. I maybe would have gone over to the woman and tried to console her. My dedication to running really only started in the fall. I'd gone through some difficult personal stuff last year. I'll spare you the details, but with therapy, reading and reflection, running seemed like a natural extension, a way to set goals, learn about my body, to realize my strength and appreciate the joy in movement.

That thought I had: I can run. I think that says a lot about what running does for people. It gives us confidence in our abilities. **R**

"But in the moment, it didn't matter whether it was true or not – what mattered was showing kindness."

Tess Aboughoushe ran her first half-marathon (a 1:52 in -33 C conditions) in February. She plans to run a race a month this spring and summer: the Jasper Canadian Rockies Half-Marathon, the Calgary Marathon, the Canadian River Valley Revenge in June and finally, her big goal race: the Spartan Beast 55K.



SHOE -IN



Nike Epic React Flyknit

\$200

Women's: 195 g (6.8 oz.)

Men's: 239 g (8.4 oz.)

Drop ratio: 10 mm

Hot on the heels of the Vaporfly 4%, last year's big technology bombshell, Nike drops this surprising second midsole technology: React. The first shoe fitted with this incredibly soft, you guessed it, reactive foam is aptly called the Epic React Flyknit, because its upper is similar in style and fit to Nike's other knit, sock-like casual running shoes.

The React is clearly a response to an industry trend triggered by Adidas' Boost midsole (and other brands, such as Under Armour with its new HOVR tech, have also rushed to respond to the demand). Like the Adidas UltraBoost, the Epic React Flyknit features a large single piece of foam as the basis for the shoe. But our testers found that the React foam is actually a better platform for daily running, as it's slightly firmer, while actually providing the as-advertised "bounce" factor upon rebounding through the stride. It does indeed seem to live up to the claim that React provides 13 per cent more energy return than Nike's decade-old midsole foam, Lunarlon (which will be phased out).

Of course, the shoe looks gorgeous and is a legit everyday running shoe, particularly for easy runs. Interestingly, this is the first time that Nike has leveraged computational design, meaning that each size is custom tuned to fit and perform perfectly. During our interview with one of Nike's design leads for the shoe, there was a sense that this approach to building running shoes will become the norm for the brand. Perhaps one day we will each get an individually designed shoe for that fairytale fit. In the meantime, the Epic React Flyknit is a really nice looking and feeling training shoe.—MD 

Toronto Run Crew Founder and Yogi

Heather Gardener

When she was a health and physical-education teacher, Heather Gardener spent all day, everyday on her feet. When she made the transition in 2008 to consulting and, consequently, sitting at a desk, it didn't take long for her to figure out that she needed to work some structured fitness back into her life. A self-described "all-in" person, Gardener set the goal to run the New York City Marathon at one of her very first sessions with a trainer. She's run NYC three times since then, and has run nine marathons in total.

Gardner hasn't just committed herself to individual running goals though, her passion for creating community through fitness led her to a sort of teaching role once again in 2013, when she began one of Toronto's first run crews – a group called Tribe. "I sent out a tweet that said 'Hey! Who wants to go for a run?' and included meet-up details," Gardener says. "And that very first time, five people showed up. And then it just kept getting bigger and bigger."

Gardner, who is also a yoga instructor, began offering free yoga classes as well. Tribe has its roots in Queen's Quay, which Gardener describes as "a condo community, so there are thousands of people, but you're rarely talking to your neighbours. My goal is to build a sense of community and acceptance."

Gardner has recently opened her own spinning and yoga studio, from which the Tribe crew still meets for their weekly runs.



Matt Stetson



MY
STYLE

Casual Clothing

Jean jacket: Aritzia

I love a jean jacket because it's so easy to put on over athletic wear to elevate the outfit. I have three buttons on this jacket, one that says "I love Mom" (I mean, who doesn't love their mom?) that I got on Mother's Day. The second one is a Tribe button; when we started the crew in 2013, we didn't have any gear, so we got the buttons made so that people could identify each other. The last button is the most recent one - I got it at the NYC Marathon, which is a special race for me.

Sweatshirt: New Balance (Men's)

I like to be unique. One of the ways I can pull this off is shopping men's pieces. I love the detailing on this sweatshirt - it's almost like colour-blocking, but with all black.

Tights: New Balance

These look like a basic black tight from the front and then the back has a subtle geographic line pattern. I like pieces that are versatile in terms of functioning as workout gear, but then transitioning to casual wear as well. I pretty much always dress as though I might have to go for a run at any moment, but I don't think that means you have to sacrifice looking good.

Shoes: New Balance (Men's)

I'm of the opinion 'who cares?' when it comes to whether the website says that shoes are for men or for women. Most of my casual sneakers are technically men's shoes - I just convert my size into men's.

Running Apparel

Top: Tribe longsleeve

This shirt is really reflective, so we've got a bit of fashion and a lot of function.

Shorts: New Balance

I'm definitely a shorts runner; I wish I could run in shorts all season long. This pattern is playful. I'm definitely a purposeful dresser; I like to match, and I truly believe that when you feel that you look good, you feel good about what you're doing.

Shoes: New Balance Fresh Foam Zante

I've been wearing Zantes for the last couple of years, and they work really well for me no matter the goal race or training distance that I'm working towards.


Hat: Ciele

This hat is a perfect example of how I define my style - it's clean and basic, but then its got that gold pop to give it a little something extra.

Watch: Garmin Forerunner 630

The Garmin is just so reliable and easy to use.

Socks: Stance

Stance makes fun prints and they are really comfy.—CF 



If You've Never Lived in Canada, Should You be Allowed to Wear the Maple Leaf?

Dual citizens have been heading north of the border to more easily make national teams – some of Canada's best homegrown talent think this isn't fair

By the Editors

To get to don the Team Canada singlet in international competition is a popular goal for the elite runners of our country. In 2018, Athletics Canada will send 11 teams to track-and-field, cross-country and road running events, so the opportunity to wear the maple leaf is ample. Spots on these teams become more elusive, however, when homegrown Canadians have to compete with eligible dual citizens. In order to be selected for a national team, athletes simply must have a Canadian passport valid for at least six months after the championship in question, be a registered member of an Athletics Canada branch at the time of qualification and hold Canadian citizenship by the team selection date.

Such criteria leave the door open for dual citizens who do not necessarily train or compete in Canada to make teams. Examples include NCAA cross-country standout Rory Linkletter, distance runner Kinsey Middleton and 2015 world champion pole-vaulter, Shawn Barber. All three athletes are American-Canadians training and living south of the border, and their admittance to our national teams has elicited mixed emotions from Canadian competitors and fans alike. Hearing complaints about spots

“It was like he chose to compete for Canada as a fallback. I don't like it when athletes compete for Canada because they find it an easier team to make.”

being “poached” by athletes living outside of the country begs the question of whether Athletics Canada should redefine what constitutes “being Canadian” – as far as team selection is concerned. Should athletes have to spend an amount of time in the country in order to be eligible, or perhaps compete in a number of events on Canadian soil?

Cleo Boyd, an elite distance runner from Kingston, Ont., and former athlete at University of Virginia, believes that it should take more than status and a passport to compete for Canada. “I think it makes

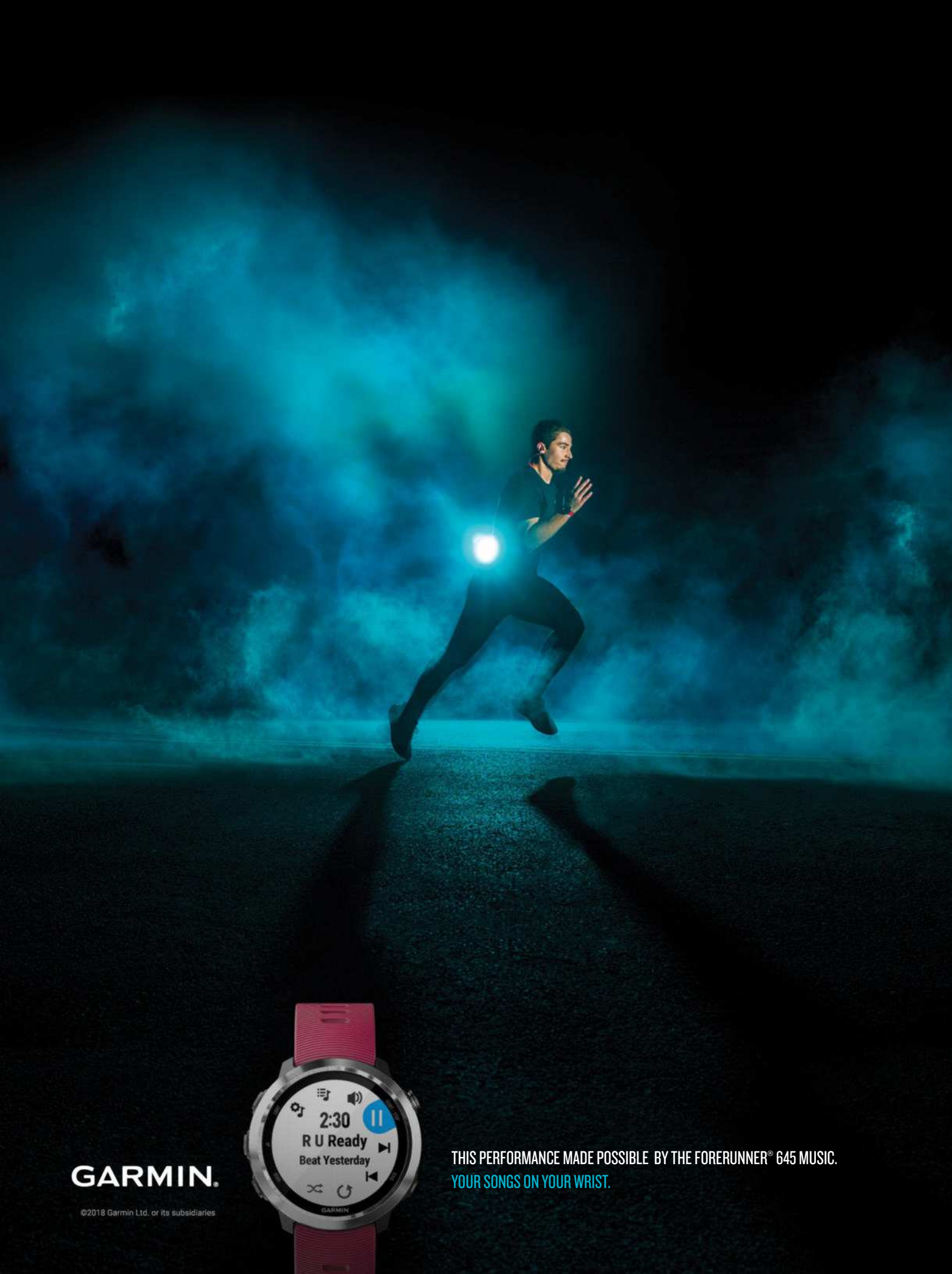
sense that eligibility for national teams should be dependant on affiliation with a Canadian track club and perhaps even some time spent training in the country,” Boyd says, “because the material and cultural differences between countries make for different challenges and advantages that can impact development.” Boyd argues that it makes sense that athletes should have to have some experience training in the conditions that are unique to the nation they're trying to compete for.

Alternatively, Nick Falk, a multiple-time national team member from Windsor, Ont., sees our current rules as conducive to stronger teams.

“I believe dual citizens have the right to represent Canada,” says Falk. “Disallowing them that right would open the door for a mess of legislative and moral backlash. Just like everyone else, they have to earn their spot on a team by hitting a standard.” Falk believes that strong dual citizens increase the competitive environment, which he feels is “good for the progress of the sport.”

Another male Canadian distance runner, who competes in the NCAA and asked not to be named because of potential backlash for his comments, agrees with Falk that these athletes are as entitled to spots, but on the condition that they choose the maple leaf first. “I have no problem with dual citizens competing for Canada as long as it's clear they are choosing Canada first, and not as a second option,” he says. “I believe Shawn Barber tried out for the American world junior [track-and-field] team back in 2012 and did not make it. It was like he chose to compete for Canada as a fallback. I don't like it when athletes compete for Canada because they find it an easier team to make. Conversely, Rory Linkletter seems to want to compete for Canada over the U.S., so it doesn't bug me that he makes our teams.”

Like Canada, the U.S. and Great Britain do not require athletes to live in the country to represent them in national competition. Do you have an opinion on this matter? Send us your thoughts @CanadianRunning and use #TeamCanAm. **R**



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The Whole Bowl

A week's worth of make-ahead lunches while training hard

By Kim Doerksen

Many runners struggle with trying to maintain a balanced diet while training hard and working full time. Breakfast doesn't tend to be an issue for most, but lunch and dinners are generally harder to execute. People think it takes too long to prep and cook, so they end up opting to go out for a meal instead.

Meal prepping is the key to success for anyone who has to manage their time efficiently. When dealing with long days at the office, executing training and maintaining a positive at-home lifestyle, limiting stress around what to have for lunch or dinner goes a long way.

The easiest meals to prepare are "whole bowls," and they are exactly as they sound: a bowl full of wholesome ingredients that can be created in a number of ways. Packed with the nutrients to support hard training, and with enough variety to keep things fresh, these bowls are a staple in many households. Plus, they're a great option for taking to work for lunch or having as dinner after a long day.

Mediterranean Bowl

Spicy chickpeas
Green pepper
Tomato
Hummus
Red cabbage
Roasted yams
Lemon wedge

Step 1

Go Grocery Shopping

Grocery shopping on a Sunday (or whatever day off you have), may be the least appealing thing to do, but you'll reap the benefits for the rest of the week. Make a note of the types of bowl combinations to be tried for the week and create a list accordingly. For any bowl combination these are the fundamentals:

GREENS: kale, spinach, arugula, mixed greens.

GRAINS: quinoa, brown rice, barley, any whole grain.

PROTEIN: salmon, chicken, tuna, tofu, lentils, beans.

RAW VEGETABLES: bell peppers, cucumber, cabbage, tomatoes.

ROASTING VEGETABLES: cauliflower, yams, broccoli, beets.

FRUIT: in-season fruit is the best option, but berries are always a good choice.

TOPPINGS: nuts, dried fruit, seeds, etc.

EXTRAS: optional but glorious: avocado, any type of cheese, etc.

DRESSINGS: hummus, tzatziki, or homemade dressing of olive oil, balsamic vinegar and dijon mustard.

Step 2

Prep Ingredients

In order to make whole bowl creation more efficient, prepping all the components simultaneously reduces the number of dishes used, and time spent in the kitchen. Following the same grocery list, this is a guideline for how to organize the week. Assume all items need to be stored in containers, and ensure there are enough containers on-hand.

GREENS: keep as is, if buying in bunches, wash and tear into pieces and store in a container.

GRAINS: cook according to package instructions.

PROTEIN: cook up meat or fish unless using canned options. For canned beans and lentils, rinse and drain.

RAW VEGETABLES: dice into small pieces.

ROASTING VEGETABLES: chop into bite-sized pieces and roast them (typically at 400 F, but keep an eye on them for desired result - usually 30-45 min is plenty).

FRUIT: chop into bite-sized pieces if necessary.

TOPPINGS: If using nuts, chop into smaller garnishing pieces.

EXTRAS: crumble or grate cheese; leave avocado whole until the day of use.

DRESSINGS: if making a homemade version, whip that up and store in the fridge.



Step 3

Create a Bowl

In whatever lunch container you prefer, assemble the ingredients and seal in the fridge for up to five days. These are some general guidelines for ingredient quantity:

GREENS: 1 cup

GRAINS: ¼ cup

PROTEIN: 1 serving worth

RAW VEGETABLES: ½ of the bowl

ROASTING VEGETABLES: ½ of the bowl

FRUIT: handful.

TOPPINGS: 2-3 tbsp of whatever combination

EXTRAS: 1 tbsp of cheese; ¼ avocado etc.

DRESSINGS: either out on just being going to work, or place in a separate container to avoid a soggy bowl. 2 tbsp of a hummus or tzatziki optional.

And that's it! The prep work and grocery shopping may take a couple hours in total, but it sets a great tone for the start of the week and keeps training in line when you eat wholesome ingredients during the day.

Vegetarian Protein Rainbow

Roasted broccoli
Roasted yams
Red cabbage

Red peppers
Spinach
Spicy chickpeas



Vegetarian Rainbow

Roasted broccoli
Roasted cauliflower
Roasted yams
Red cabbage
Red peppers
Spinach



Purple Delight

- Candied salmon
- Red cabbage
- Grated beets
- Roasted sweet potato
- Blueberries
- Tzatziki
- Toasted slivered almonds



Fajita Bowl

- Candied salmon
- Avocado
- Mixed bell peppers
- Black beans
- Roasted cauliflower
- Lime wedge
- Sour cream



Sweet and Spicy

- Spicy chickpeas
- Roasted cauliflower
- Roasted yams
- Blueberries
- Avocado
- Black beans
- Toasted slivered almonds
- Tzatziki 

For more great Kim Doerksen recipes visit runningmagazine.ca/category/bloggers/feed-the-run.



Naked Ambition

Nude running races could bring you closer to being comfortable in your own skin

By Michal Kapral

Hi Michal,” the email began, like any other. But then: “I put on North America’s largest clothing-optional 5K.” Wait, not only was there a nude 5K, but this was the largest on the continent, meaning there are others? Pete Williams, the naked race director, or, let me rephrase that—the director of the naked race—was emailing to invite me to run the Caliente’s Bare Dare 5K at the Caliente Resort north of Tampa, Fla.

The race attracts about 400 runners, and since 2012 has served as the National Championship of Nude Running. That’s right: the National Championship of Nude Running. And some of these streakers are quick. Course records are 15:49 for the men and 17:53 for the women.

The race entry fee includes access to the clothing-optional resort for the day. There are – duh – no race bibs, but you do get a race T-shirt.

“You don’t have anything bothering you, or pulling or making you hot or cold. I feel like you’re faster when you’re naked,” says Bare Dare competitor Suzanne McLean. “It’s a bucket-list thing for sure – everybody has to try it.”

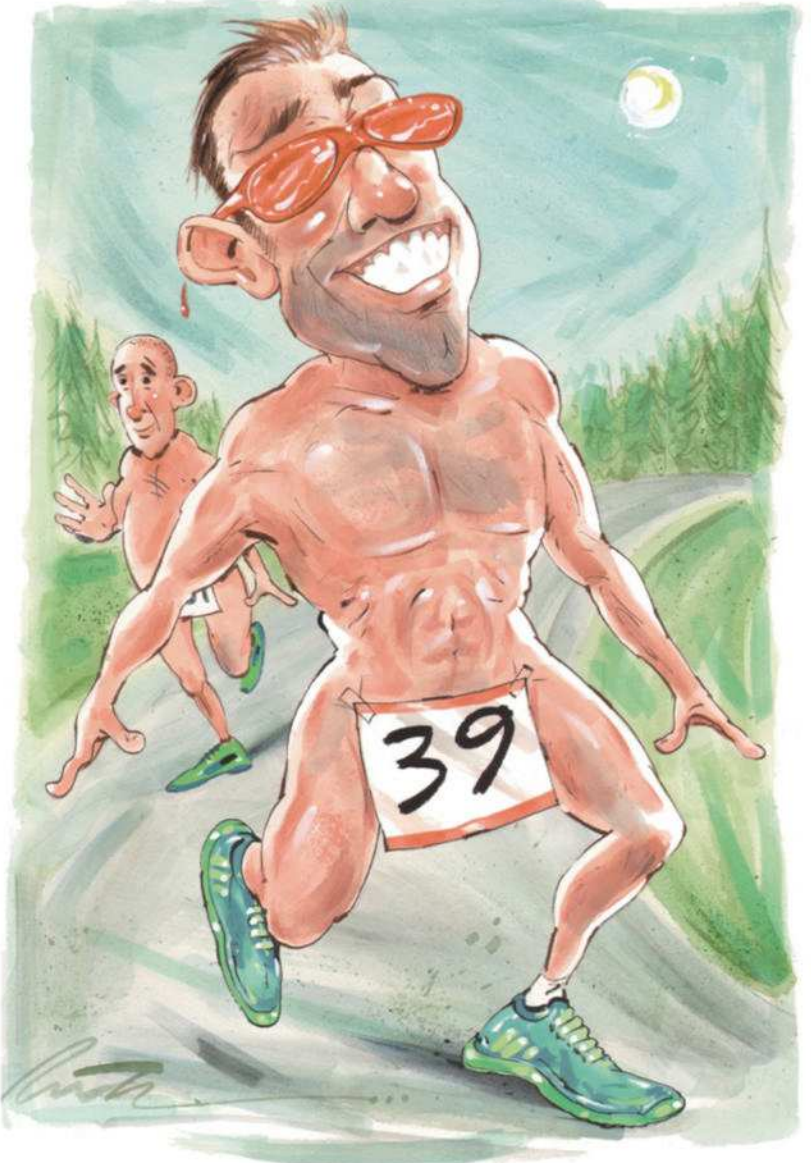
Women’s Running magazine editor Jessica Sebor won the women’s race in 2012 and wrote about how it helped her overcome body image problems. “As we looped around the resort,” Sebor wrote, “I felt my anxiety dissipate.” By 3K, she said, “I practically forgot I was naked.”

Turns out there are clothing-optional races all over the world, including Canada’s world-famous Wreck Beach Bare Buns in Vancouver, which turns 22 this year.

If you’re not up for the full monty, but want to experience near-nakedness for a run in the winter, there’s always the Toronto Santa Speedo Run. Participants wear red, white or green Speedo-style swim suits and run fast enough to get warm along a route no longer than 3K in the city’s Yorkville area.

Cold-hardy Canadians might consider joining the 300 Club, a nude run with a 300-degree temperature differential in Antarctica that involves jumping out of a 200 F sauna into the minus-100 F outdoor temperature and running a few hundred metres to the South Pole and back. Frostbite in sensitive areas is a definite concern.

I had to turn down the offer from Williams to run the Caliente as it didn’t fit my schedule. But if I do get a chance to travel to a nude race, it’ll pack light.



Clothing-Optional Race Options

Nakukymppi 10K

WHERE: Padasjoki, Finland

WHEN: June 2018

Enjoy running free of clothes through the forests of Finland’s lake region.

Wreck Beach Bare Buns Run 5K

WHERE: Vancouver

WHEN: July 2018

Tour the largest naturist beach in North America by running across it in your natural state.

Bare Oaks 5K Colour Fun Run

WHERE: Near East Gwillimbury, Ont.

WHEN: July 2018

The colour spray won’t ruin your clothes, because you don’t need to wear any.

Roskilde Naked Run

WHERE: Denmark

WHEN: July 2018

Winners of this nude run at a music festival get free tickets to the next year’s event.

The Great Annual Nude Tunnel Run

WHERE: Near Milford Sound, New Zealand

WHEN: April 2019

A good one if you’re shy, since this race runs through a dark, 1.2K-long tunnel. **R**

Michal Kapral has set multiple running-related world records – the stranger, the better.



THOUGHTS ABOUT RUNNING

WHAT MADELEINE CUMMINGS THINKS ABOUT WHEN SHE THINKS ABOUT RUNNING



Strava Stalking

Consider the safety risks before sharing on Strava

By Madeleine Cummings

Earlier this year, a 20-year-old Australian university student discovered that data from Strava’s global “heatmap” identified military base locations and the movements of American personnel in Syria and Iraq, among other places.

This became international news. Security analysts warned that the interactive data illustration – showing where Strava users run and cycle – could put troops and humanitarian workers around the world at risk.

In a statement addressed to the Strava community, the company’s CEO wrote that Strava would work with the military and the government to address “potentially sensitive data,” simplify and increase

awareness of privacy tools and review some features “to ensure they cannot be compromised by people with bad intent.”

The *Ottawa Citizen* reported that the Canadian Forces have not had similar problems because military personnel are told to turn off GPS devices when they go abroad. In some cases, according to a Department of National Defence spokesperson, taskforce commanders teach people how to turn off tracking on their devices and strip metadata from pictures and posts.

Runners could stand to follow their lead if they care at all about their own privacy and safety.

I’ve been guilty of thinking that the information we share on Strava seems too vast and banal to attract attention. Over the past three years, I’ve uploaded more than 1,000 activities to the social network. The majority of these are easy runs with lacklustre splits. Until recently, I kept these runs public, not convinced anyone could glean much more from them than the type of shoes and watch I wear.

Closer study would reveal much more: where I live, where I work, who I run with, when I have practice, how much I weigh, and how far I’ll go before replacing a pair of running shoes (1,215 kilometres and

Michelle Simpson

counting, as of this writing). Combining data from that Strava profile with my public posts from Twitter, Instagram, Facebook and LinkedIn would result in a staggering amount of personal information.

“People don’t really think of the risks of aggregated information,” said Jason Nurse, a senior researcher in cyber security at the University of Oxford.

Nurse and his colleagues have researched the privacy risks associated with fitness trackers (like Fitbits) and online social networks (like Strava), and they examined those risks – as well as users’ perceptions of them – in a 2017 paper.

The researchers developed an interactive tool that showed people how data from wearable fitness trackers and online social networks could be combined and used against them.

Bike theft is a classic example. Using route and timing information from rides, thieves can use technology to target expensive bikes and steal them when the time is right. They can even use data from an altimeter sensor to determine which floor of an apartment building holds an expensive bike.

Fitness data exposure can also make runners more vulnerable to stalking, profiling, manipulative marketing and identity theft, the researchers wrote.

Another compelling example from the paper relates to the workplace. After stalking your Strava profile, an employer could decide to give a job to another candidate, and not because you don’t have a fast enough marathon PB. Obesity-related health problems and maternity leave prove expensive for businesses. It’s possible that hiring managers could discriminate against you if they think you have a high BMI or a resting heart rate that suggests you’re pregnant.

It’s worth mentioning that many people – myself included – appreciate the wealth of data available on Strava. Leaderboards motivate me. Friendships form on the platform. By sharing data with Strava’s heatmap, athletes can help urban planners determine where to install bike lanes or running paths in their municipalities.

Social networks also help me connect with Canadian runners during my reporting. Through Twitter, I met Jeff T., a 34-year-old runner and cyclist in London, Ont., who likes Strava’s heatmap and tracking functions because they allow him to find routes, chase segments and see who has been exercising in his area. In his opinion, it’s up to users to read privacy settings and decide how much information is safe to share. “At the end of the day, if you use these services, you have to take what comes with it,” he told me.

Strava representatives did not respond to questions I posed on what specific changes the company plans to make to its privacy settings in the coming months.

In the meantime, there are a number of things runners can do to mitigate their risks.

“I love technology, but I support using it responsibly,” Nurse said. He recommends not sharing too much, not adding “friends” you don’t know, and varying your physical activity habits so strangers would have a harder time predicting your actions.

On Strava in particular, runners can add privacy zones to protect the locations of their homes and offices and opt out of appearing on leaderboards and other features. [R](#)

Madeleine Cummings is a journalist based in Edmonton. Read her column in each issue of Canadian Running.

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* University of Portsmouth 2009 (Scurr et al). Testing carried out against 'no bra' conditions

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Upper Body Strength, Three Ways

It's time to stop looking like a T-rex while running

By **Bridget Pyke**

The T-rex was not the most efficient runner, yet the T-rex appears to be emulated everywhere by runners who consistently neglect their upper body strength exercises.

The term upper body refers to more than just our arms: it includes our shoulders, scapular stabilizers, back and core muscles. Upper body strength becomes increasingly important to running form at higher speeds, longer distances and with the accumulation of fatigue. If you're running a half-marathon, you'll want a stronger top half.

The alternating arm swing in a running stride allows the human body to disperse torsional load from the lower body. If you don't believe me, try running with your arms inside your T-shirt and notice how much harder it feels to control the movement of your torso.

There are multiple facets to upper body strength. Yes, there is strength needed to lift a heavy object, but there is also a great deal of strength required solely to maintain upright posture and proper form while running. The upright posture of our torso facilitates better breathing by allowing space for our ribs to expand on inhalation. A measure of energy expenditure during running is called running economy. The position and movement of the upper body influences how much energy we use, and thus, affects your running economy. The more efficiently you run, the less energy you lose, which is especially helpful in the late stages of a race when your energy reserves are limited. Running economy is one component of optimizing your running performance – being able to run faster and farther. In addition, good running form puts less stress and strain on a fatigued body, reducing the risk of injury.

Increasing strength starts with awareness of ideal movement patterns. You gain strength when your nervous system and muscles learn to work together to achieve a specific movement. Put this into practice during your next run. Work on form by keeping your torso upright and relaxed with minimal rotation, and allowing your arms to swing like pendulums from your shoulder girdle, without crossing the midline of your body. To continue to gain muscular strength, the body needs resistance exercises, where an external load is applied to the muscle.

Here are three upper body exercises to bring your running form out of the Jurassic era.

EXERCISES



Jeff Burgess



Runner's Arms

Stand up straight, hold a small weight in each hand and bend elbows. Quickly propel arms forward and backward with minimal torso twist.



High Plank with Alternating Arm Lifts

Start in the push up position. Lift one hand off the ground and tap the opposite shoulder. There should be minimal movement in the upper body as the arm is lifted. Alternate arm lifts.



Row

Hinge forward from the hips. Hold a weight in each hand. Squeeze shoulder blades together and bend elbows as you pull the weights towards your body to complete the row. **R**

Bridget Pyke is a physiotherapist at Elite Sports Therapy in Calgary.



LEFT

John Stanton passing along running advice to multiple generations of runners at the Ottawa Race Weekend

From Half to Full

Looking to make the leap from half to full marathon this year? Here's what you should keep in mind

By **Katelyn Verstraten**

I never thought I would run a marathon. Don't get me wrong, I love distance running – but of the saner, half-marathon variety. After all, what kind of person chooses to run 42.2K over 21.1?

Oh, hubris. Always my downfall.

After four half-marathons and dozens of 10Ks, I've been bitten by the marathon bug. Completing 42.2K has become a major goal for 2018, but admittedly with some trepidation. How much extra time do I need to dedicate to training? What do I need to change in my diet? How do I wrap my head around racing double the distance? The list goes on.

President and founder of the Running Room, John Stanton, has run more than 60 marathons – and has designed training programs that have helped nearly a million Canadians fulfill their marathon dreams. He seemed like a good person to speak to about my concerns.

"For some people, a marathon can be daunting," says Stanton. "They think, 'My goodness, I can run a half-marathon, but a marathon is double that.' And they find it intimidating."

Stanton recommends three key pieces of training advice: keep things gentle yet progressive, keep things fun, and incorporate strength, length, and speed into your workouts.

"Keep things gentle enough that you stay injury free and highly motivated – but be progressive," he explains, noting most of his marathon training programs last for 12 to 18 weeks, although people in prime half-marathon shape likely need less time.

"You don't want it so gentle that it's a wimpy program and you don't see improvement. You want to challenge yourself at about a 10 per cent per week increase in either intensity or duration."

The biggest difference in training for a full versus a half-marathon is the extra time needed for your weekly long run, he explains – other than that, not much dramatically changes from a solid half-marathon training program (there go my excuses about not having enough time to increase my training for the full).

Hill repeats and speed work – both already in most half training programs – are also important, but should take a backseat to the long run. Running hills at around 80 per cent effort on the uphill and recovering on the downhill builds strength, while speedwork builds confidence because "you know you can push yourself into that uncomfortable zone."

"When you run a marathon, it's a lesson in life, and a reflection on us as individuals," Stanton stays. "If you have an intelligent goal and a group of people to share in the journey and the celebration, you can do anything in life."

Two-time Canadian Olympic marathoner and coach Bruce Deacon says the perception of time is an interesting marathon dynamic first-timers may find surprising.

"Early on, the kilometres just click away, but then you get to 30K–40K, it feels like time is just standing still," he notes. "Getting yourself ready for that sort of challenge is important, both through experiencing it on your long runs, and by anticipating that time may seem to slow down as the race progresses."

Deacon recommends new marathoners not to run long training runs too fast – or going for too long.

"Some people say if you want to run a marathon you need to run one in training, but I think that's overkill," he says, suggesting first-timers cap their long runs at 32 to 34 kilometres or three hours, whatever comes first.

"As well, you should be running much slower than your marathon goal piece when you do your long runs, otherwise come race day you're just tired and won't get the best out of yourself. Keep your long run pace around 30 seconds slower per kilometre than race pace, and make sure you take a day or so afterwards to recover."

Nutrition also plays a huge role in marathon training and recovery. Cristina Sutter, a sport dietitian who counts the Vancouver Canucks and Olympic athletes among her clients, stresses the importance of eating 50 g of carbs and 15 g of protein within a half-hour after every run that's an hour or longer. Otherwise, "you'll crash a lot sooner on your next run," she says. "You might think you're overtraining, but really you just didn't fuel enough after your last run."

Half-marathoners making the leap to full should also start carrying water on long runs, as well as taking some sort of fuel.

"You can usually get away without carrying water for the half-marathon distance, but once you get up to 90 minutes and longer, you absolutely must take water with you – and start drinking it before you're dehydrated," Sutter stresses.

Sutter recommends drinking about half a cup of water every 15 minutes on long runs, and consuming around 25 to 50 g of carbohydrates an hour, beginning at the 45-minute mark of your run. The exact combination can vary from person to person, so experiment ahead of race time until you find the right fit for you. **B**

Katelyn Verstraten is a freelance writer based in Vancouver.

The 80 Per Cent Kipchoge Challenge

Canadian half-marathon record holder Rachel Cliff on one of the workouts that signalled she was in breakthrough shape

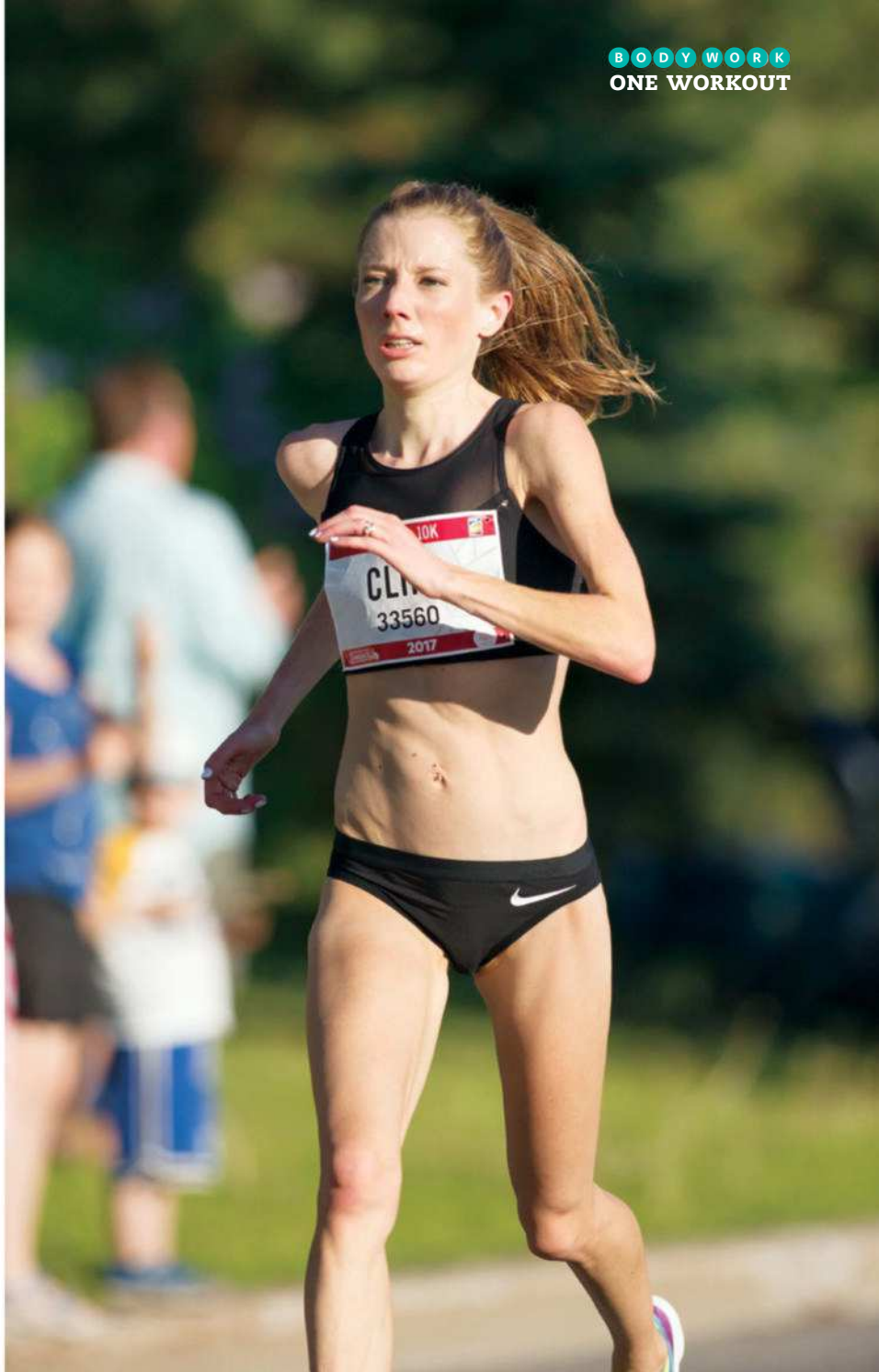
To me, training for the half-marathon isn't about one workout or one hard week of training: Consistency is key. I've made a concerted effort to increase my mileage and have put more care into the details (weights, therapy and physio drills), than ever before. I've also been fortunate in that my training has been consistently improving over the past few years – my average workout is better than my average workout from 2017, which is better than my average workout in 2016 and so on. To me, this is the ultimate sign of improvement.

My coach, Richard Lee, has great knowledge, experience, and a strong inherent understanding of how to train for these longer events. His individual workouts are challenging, but the crucial piece of the puzzle isn't just the workouts themselves, but how he brings the entire program together.

That said, one-and-a-half weeks out of my record half-marathon, I did a solid workout that suggested my fitness was in a good place. It was 4 x 2K-1K with 90 seconds rest between reps and two minutes rest between sets, for a total of 12 kilometres of work. (My coach calls this the "80 per cent Kipchoge" because Olympic gold medallist Eliud Kipchoge, did 5 x 2K-1K going into his marathon training).

There were several factors which made it a good fitness indicator: I wore racing flats and the rest was active – I had to jog just over 200m get back to the start each time – and it was also done in the middle of a high-volume training week. None of the times were alarmingly fast, but knowing I could hold a pace that was that much faster than goal half-marathon pace for 12 kilometres with little rest and on tired legs gave me confidence going into my record-breaking race. **R**

Rachel Cliff is the Canadian record holder in the half-marathon.



THE WORKOUT

Four sets of:

2K at half-marathon pace

90 seconds jog rest

1K slightly faster than half-marathon pace

Two minute rest between sets

Rachel Cliff's Set Times

SET 1: 6:35-3:09

SET 2: 6:29-3:09

SET 3: 6:28-3:10

SET 4: 6:29-3:09

ABOVE

Rachel Cliff in the lead and on her way to being the Canadian 10K champion in 2017 at Tamarak Ottawa Race Weekend

Seize the Day

Avoid these morning mistakes to become an early-rising runner

By Clint Cherepa

Getting out for your run before the rooster crows can be a challenge. If you want to rise and grind, having good morning habits will help. Many successful runners have put into practice morning routines that get them out the door feeling stoked and ready to tack on the kilometres.

What morning habits can you borrow from successful morning runners?

The Power of Habit

“Champions don’t do extraordinary things,” says Charles Duhigg in his book, *The Power of Habit*. “They do ordinary things, but they do them without thinking, too fast for the other team to react. They follow the habits they’ve learned.”

Successful runners tend to accomplish extraordinary things because they do ordinary things day after day. They have gradually put routines into place that result in habits, the types of habits that help them succeed as runners.

Stevie Kremer won the 2016 Red Bull Summit Quest Altitude Race in China. Her day begins with a 4:42 a.m. wake up call. She then leaves her house around 5:00 for a 90-minute run. Stevie gets back to her house around 6:30 a.m. and is at work by 7:30 a.m. For her, routine is important.

“I love starting my day outside with a run, even in negative-degree weather. I find if I don’t get up and do something in the morning, I have anxiety about it all day that I won’t get to it. Also, the refreshed feeling I get after I run in the mornings, can’t come from anything else. It’s part of my morning routine. It’s like my coffee that gets me going,” says Kremer.

Many runners agree that getting in a morning run can take the edge off for the rest of the day.

Become a Morning Runner

“Habits, scientists say, emerge because the brain is constantly looking for ways to save effort,” says Duhigg. “Left to its own devices, the brain will try to make almost any routine into a habit, because habits allow our minds to ramp down more often.”

Habits are routines of behaviour that are repeated regularly and tend to occur subconsciously. Many people would love to turn their running into a morning habit, but it just doesn’t happen. They get pumped to run early, and then it fizzles, but running early in the day can become as routine as brushing your teeth and tying your shoes.



AVOID THESE BAD MORNING HABITS TO BUILD HEALTHY ONES

Make Drastic Changes

When beginning good habits, it is best to start slowly. Don't try to wake up two hours earlier. Instead wake up 10-30 minutes earlier than usual. Try this out for a couple of weeks and then get up even earlier if you want to.

Sleep Late

Staying up late equals sleeping late. Burning the midnight oil is the perfect way to sabotage your early morning run. Turn off the TV and internet, as these are the usual companions of late nights. Try to slowly go to bed earlier and earlier as you wake up earlier. Don't skimp on sleep because it will only add to fatigue and injury.

Keep the Alarm Clock Close to Your Bed

Hitting the snooze button is extra easy when your alarm is within arm's reach. By keeping your alarm away from your bed you will be forced to get out of bed to turn it off. And, since your up, you might as well stay up.


Lay Back Down After You Shut Off the Alarm

Laying back down in bed is just asking for trouble. Chances are that once your head returns to the pillow it will be staying there. So muster up the willpower to turn on the lights and get the coffee brewing.

Rationalize

When you wake up, you are at your weakest. Your mind can find dozens of reasons to skip out on the early morning run. Don't give it the chance to rationalize. Just think, this run is not optional.

Have No Reason

Motivation to get out and run comes with good reasons. Do you have a race coming up? Go to bed with a reason in mind for running the next morning. Consider how hard it will be to fit it in later in the day, or how nice it will be to come home from work and chill with the family because your training is complete for the day. 

Clint Cherepa is a freelance writer and runner currently based in Nicaragua.



The case for overdressing

May is a big marathon month in Canada, with major races in Vancouver, Calgary, Saskatoon, Mississauga, Ottawa and elsewhere. It's great to finally put away the balaclava and feel the sun on your cheeks. There's a problem, though: after a slogging through months of winter training, many runners are unprepared for the summer-like heat that sometimes accompanies these races. It generally takes about two weeks of hot-weather exercise for your body to adapt by increasing sweat rate and blood volume and lowering your core temperature – but the weather gods don't always make that possible.

In recent years, sports scientists have begun testing alternate methods of speeding up your body's heat adaptations. One option is to hop in a hot bath or sauna for 20 minutes or so immediately after a workout to keep your core temperature elevated. Another, simpler option that runners have self-experimented with for decades is to do some runs while wearing a lot of extra clothing. That's the approach that a new study from researchers at the University of Oregon, published in the journal *Medicine & Science in Sports & Exercise*, tested.

The results were encouraging: 10 of the 13 runners in the study managed to boost their core temperature above 38.5 C, which is thought to be the approximate threshold needed for heat adaptation, by the end of a one-hour run in 15 degree ambient temperature. The catch? They were seriously overdressed, with five layers of tops and bottoms plus a fleece hat, mittens, a waterproof jacket, and rain pants. You have to be uncomfortably hot, in other words. If that trade-off – misery now in exchange for better heat tolerance on race day – sounds reasonable to you, lead researcher Brett Ely suggests trying it starting two to three weeks before race day and aiming for 10 to 14 overdressed runs.



Training your gut

The theory is simple: It takes more calories to make it to the end of a marathon than your muscles are capable storing, so you need to take in some fuel during the race. Sports nutritionists suggest aiming for about 60 g of carbohydrate per hour of exercise, and as much as 90 g per hour for runs lasting longer than three hours. That's easier said than done, though, as the porta-potties lining marathon courses attest. Gastrointestinal discomfort is one of the most common complaints reported by marathon and ultramarathon runners.

So how do you learn to scarf down gels and sports drinks while you run without upsetting your stomach? Practice, practice, practice, according to coaches and marathon veterans. That's the idea that an Australian study published in the *Scandinavian Journal of Science and Medicine in Sports* recently put to the test.

First, they asked 18 trained runners to try a three-hour run while ingesting 90 g of carbohydrate per hour in gel form. Every single one of them reported GI symptoms, and two-thirds of them reported "severe" symptoms. Then half the runners did ten days of one-hour runs while ingesting 90 g of carbohydrate, while the others received placebo gels. When they repeated the three-hour run, the gut-training group had a 44-per cent reduction in gut discomfort, less carbohydrate malabsorption – and, crucially, a five per cent improvement in running performance. The placebo group, in contrast, was no better off than in their initial test.

The gut training protocol didn't cure everyone's problems. And, realistically, getting a full 90 g of carbohydrate per hour is probably more than most runners really need. But 60 g remains a good goal – and that's still about twice as much as most marathoners manage to ingest in races. So if you want to make sure you're ready to handle race-day nutrition, make sure to incorporate some dress rehearsals in training.

ABOVE
Gavin Bong takes on some much needed mid race calories to tackle the remaining kilometres of the Squamish 50

Sleep your way to success

A simple reminder from a study of athletes at elite sports-focused high-schools in Sweden. Researchers followed 340 of them for a year, tracking which factors predicted who would get injured. The best predictors? Those who reported sleeping at least eight hours per night at the start of the study were 61 per cent less likely to get injured during the study; those reported meeting guidelines for fruit, vegetable and fish consumption were 64 per cent less likely to get injured. It's not rocket science, but in an age of increasingly complex recovery aids and rehab tools, it's worth reminding yourself: Sleep well, eat well and take care of yourself, and you'll increase your chances of staying injury-free. [B](#)

Alex Hutchinson is one of the most respected sports science writers in the world. His latest book, Endure, is available now.

The downside of mouthwash

On the surface, it's a puzzling finding: In a study of nearly 1,000 adults in Puerto Rico, those who used mouthwash twice a day or more were about 50 per cent more likely to develop prediabetes or diabetes during the three-year follow-up period. What's the link between bacteria in your mouth and your metabolic health? The answer, it turns out, could be nitrate, a key component of leafy greens and other vegetables like beets and rhubarb – and the same thing that gives beet juice its endurance-boosting properties.

When you drink beet juice or eat other nitrate-rich foods, "friendly" bacteria in your mouth convert some of this nitrate into

nitrite. Elsewhere in your body, nitrite is converted to nitric oxide, which has powerful effects on how your blood vessels function and how your muscles use glucose circulating in the blood. A series of studies over the past decade has shown that nitrate-rich foods like beet juice improve your exercise efficiency, allowing you to spend less energy to maintain the same pace or power output. These foods can also lower blood pressure and help with blood sugar regulation.

The problem, though, is that if you wipe out the friendly bacteria in your mouth, you break that chain of events, because the nitrate doesn't get converted to nitrite. That's most likely to happen if you're using prescription antibacterial mouthwash on a regular basis. But the Puerto Rican study, which was published in the journal *Nitric Oxide* (that's how important the molecule is: It has its own journal!), is the first to show that even ordinary over-the-counter mouthwash can have negative effects – although they only showed up in people gargling twice a day. The take-away message isn't that you should never use mouthwash; instead, it's a reminder of the complex relationship we have with our microbiome. Bugs aren't necessarily good or bad; often they're both.



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Connecting the Great Trail in Northern Alberta

The 175-kilometre Athabasca Landing Trail is both historically important and the site of a new 100-mile ultramarathon

Endless rolling terrain, stunning scenery and intermittent attractions. The Athabasca Landing Trail has shaped up to be a trail runner's dream. The windy and woodsy non-motorized recreational path stretches across 175.63 kilometres of Albertan soil reconciling Fort Saskatchewan to Athabasca, and it carries much history.

The path was built in 1876 to connect the North Saskatchewan River and MacKenzie River systems for trade and transport and was dubbed "The 100 Mile Portage." The route was crucial for the development of Northern Alberta and its business with the people of the Northern Territories, as it was travelled by 19th-century fur traders, gold prospectors and missionaries. Now, the trail will be busier than ever, thanks to a revamping from the Government of Canada making it accessible and connecting it to the Great Trail, formerly known as the Trans Canada Trail. Runners are taking to its virtues.

Running through Alberta cannot be done without visiting a few attractions along the way. The trail travels through multiple communities and landmarks, and is flanked with attractions for all tastes. The Fort-Saskatchewan Museum, displaying a historic courthouse, church, house and school from the 19th century is located at the southernmost point of the trail. Farther north is Lilly Lake, a venue specializing in retreats offering fine dining, small cottages and a canoeing lake. Up the road, and only






70 kilometres from Edmonton, is the Tawatinaw Valley Alpine and Nordic Centre, one of the best lowland ski areas in Alberta, offering 24 downhill ski runs and miles of cross-country ski routes.

For those runners seeking to conquer a challenge on the trail, the Athabasca Ultra 100 is set to kick off its first edition on July 27 to 29 of this year. In teams of up to ten, runners will follow the trail's historic route by starting at West River's Edge in Fort Saskatchewan and finishing on the Athabasca Riverfront at Athabasca Landing. The 100-mile team relay will have runners brave gradual elevations, rugged terrain and two rivers, and will offer distances varying from 9.3 to 30.4 kilometres between transition areas. At each of these areas, racers will have the opportunity to watch and participate in historical re-enactments. The event aims to honour the heritage of the trail, and celebrate its recent connection to the Trans-Canada trail system, which has now expanded to more than 24,000 kilometres, connecting all the way from the Pacific to the Arctic and finally to the Atlantic coast.

A Friday welcome dinner and opening ceremony, as well as a Saturday lunch are included in the race package. Race director Brenda Reynolds hopes to make the new race an annual event.

"A unique feature of the Athabasca Ultra," says Reynolds, "is that it is the longest ultra in Alberta, and it's point-to-point. We will have an outdoor theatre production based on the history of the Indigenous, Métis and settlers who built this trail continuing at each transition station all the way to the finish." Reynolds adds that the runners, their families and spectators will get to enjoy the warm hospitality of the people of northern Alberta and their communities.—CR 



DESTINATION
ATHABASCA LANDING TRAIL,
ALBERTA



DISTANCE 175K
TRAILHEADS Fort Saskatchewan and Athabasca
WEBSITE athabascalandingtrail.com

Athabasca Ultra 100

DATE July 27 to July 29, 2018
FEES \$225 Solo or \$200 Per Team Member
WEBSITE athabaskaultra100.ca

A Half-Dozen of the Best Canadian Halfs

Six 21Ks worth travelling for in the second half of 2018



Scotiabank Vancouver Half-Marathon

WHEN: June 24

WHY YOU SHOULD GO: A big city race to kick off the summer

Like other Canada Running Series races, the Scotiabank Vancouver Half is expertly organized and provides a premium, big-city feel, without the chaos of a mega-race in the U.S. At around 5,000 runners, this pure half-marathon (it's not tucked into a marathon weekend) feels exciting without being overwhelming.

The course is a stunner, running point-to-point, starting around the beautiful campus at UBC, and ending in Stanley Park, which is always a great spot for a race. Along the way, the course tours some of Vancouver's most stunning neighbourhoods. And this course is blazing fast, with about 100m of net downhill.



Huffin' Puffin Half-Marathon

WHEN: Sept 3

WHY YOU SHOULD GO: It's one of the oldest races in North America

If you're a fan of deep tradition, and want to run a half that's older than the New York City Marathon, you're going to have to head for a vacation in Newfoundland for the experience. In fact, Huffin' Puffin Marathon weekend has the distinction of being the oldest proper marathon still running in Canada, at 67 years and going strong, the race has been shepherded by the Nautilus Running Club for years.

The event is centred around the eponymous 42.2K event, but in fact the marathon is just two loops of the half-marathon course, making the 21K the ideal distance. The course has multiple views of the North Atlantic Ocean, as well as the charming, multicoloured housing in the city of St. John's. N.L. is one of the finest adventure vacation spots in the world, and the Huffin' Puffin half is a great excuse to kick off the exploration of the island.



Maritime Race Weekend Half

WHEN: Sept. 15

WHY YOU SHOULD GO: The most true-to-its-theme running experience

Maritime Race Weekend has rapidly grown into one of the most popular races in Canada (it regularly sells out well ahead of the fall). The reason? Race director Michelle Kempton is an organizational wizard, and understands how to put together a magical experience.

The scenic Saturday morning half-marathon takes runners along the country and seaside roads of Cow Bay, the tiny community that hosts the event. The race starts and finishes at Fisherman's Cove, which is basically what you picture when you think "Maritimes." Bring the kids along with you for an East Coast weekend, as the entire race is pirate themed – and it takes that very seriously. You will receive a finisher's medal from a Jack Sparrow look-alike, and the extensive race booty is skull-and-crossbones emblazoned. Don't forget to grab a glass of Keith's in the finishing chute. It doesn't get more Nova Scotian than that.



SeaWheeze

WHEN: Sept. 22

WHY YOU SHOULD GO: Think: rock festival meets yoga retreat meets road race

The SeaWheeze is for Lululemon diehards a rite of passage. The event sells out almost immediately, but if you're lucky enough to score an entry, be prepared for a race weekend unlike any other in the world. That might explain by a big percentage of participants come from all over the world for this weekend of meditation, yoga, music, beer and, of course, a nice run on the streets of Vancouver.

The SeaWheeze expo also doubles as an opportunity for fans of the Lululemon brand to go on an insane shopping spree. Lines to purchase the exclusive race merch tend to go down the street, so be sure to make checking it out a priority, and pounce on your size while you can.



Melissa's Road Race

WHEN: Sept. 22

WHY YOU SHOULD GO: For a Rocky Mountain adventure

Melissa's is celebrating its 39th anniversary in 2018, making it one of the oldest pure half-marathons in the country. It also now offers a 5K and 10K, but the 21K is the premier event. The race is one of the few permitted to take place within Banff National Park. Because of this, it's strictly capped: 4,500 participants overall, with 1,500 in the half. It's a big race in a relatively intimate and fragile location. Runners are sure to see some wildlife along with the grand, mountainous vistas, after leaving town to tour around before heading back to the finish.

Keep in mind that Banff sits at about 1,400 m, so Melissa's Road Race will be a challenging effort, as the mild altitude makes distance running tough. But it's worth travelling to in advance in order to acclimatize a bit, and enjoy one of Canada's most stunning national parks.



Canada Army Run

WHEN: Sept. 23

WHY YOU SHOULD GO: For an inspiring and emotional experience

The Army Run is so much more than a "themed race." It's a celebration of dignity and heroism. Wounded soldiers head out with over 15,000 runners from across the country for this incredible half-marathon. The course itself is a lovely tour of our nation's capital, and it brings out all the top brass, including Prime Minister Justin Trudeau in year's past (although, he tends to opt for the 5K).

The race has one of the most fitting finisher's medals in the country: a dog tag. If the half-marathon isn't quite enough for you on your national capital vacation, you can instead sign up for the Ortona Challenge – back-to-back challenges of the 5K and then the 10K events that are hosted along with the half-marathon.—CR **B**

From Edmonton to Istanbul

A Canadian on the chaos of running along the continental divide



By Adam Roy

It's the peak of summer and I've made the choice to attend a semester abroad at Boğaziçi University in Istanbul. I also have a running ambition: the Istanbul Marathon in November. This is the only cross-continental marathon in the world, beginning in Asia and crossing the Bosphorus Bridge into Europe. The course features world-class athletes, stunning vistas and unsurprisingly a tour of historic sites. But before the race begins, I need to continue a similar training regimen I ran back home in Edmonton. I've toured here before, but nothing can prepare you for a 36 C day in Istanbul. I begin my day in Rumelihisarı, a quieter neighbourhood in the city's much larger Sarıyer district, and as I stretch and prepare to run, sweat trickles down my brow like thick paste.

Istanbul is a city so large that no census body can honestly determine its population. The common belief is that the number lies somewhere around 14 to 15 million people. To put that in perspective, the geographical footprint of the city is only twice the size of Edmonton, but at least 15 times more dense. It's the largest city in Europe by a wide-margin, and finding your way back home can be harder than navigating your way in backcountry blizzard-like conditions, thanks to urban planning, street

patterns based on big hills, rapid urbanization and population growth – if they're based on anything at all.

My house is in the middle of a hill that towers close to 240 m above the Bosphorus Strait and sits right beside the Fatih Sultan Mehmet Bridge. This bridge and two others like it are all that separates Europe from Asia.

Although I can see a large portion of the strait from our home, when I approach the water it's impossible to not stop and take in the view. Here is a strip of road as beautiful as it is treacherous. Yahya Kemal Avenue, lines the western side of the strait, decorated with a large promenade, restaurants and bars.

Like many other districts hugging the Bosphorus, Rumeli becomes wildly congested around noon, which makes longer runs a mentally exhausting task. Running in Turkey is slowly gaining popularity, although it isn't particularly accessible. A pair of shoes can set you back close to \$100 more than in Canada. Of course, the difficult terrain and nearly invisible city planning compound the barriers.

From my current position, I have to make a choice about whether to run north or south. If I head south, I'm treated to a two-kilometre rush

to a small but upscale commercial district. Running north means I share a two-lane stretch with traffic. Sure, there is a sidewalk, but it's fairly normal in Istanbul to have walkways covered with parked cars because most of the city was designed before the invention of cars. This direction seems to attract more local fishermen than tourists, which creates a cascade of dangerously dangling fish hooks.

Believing the north to be safer, I soon pass through a kilometre of blue bike lanes with white markers that are fading fast. Istanbul struggles with the concept of multi-use pathways, and if it isn't large groups of people with little to no spatial awareness flooding their paths, it's the city's stray dogs that sleep



DESTINATION ISTANBUL, TURKEY	
Istanbul Marathon	
<p>DATE Nov. 11, 2018</p> <p>DISTANCES Fun Run, 10K, 15K, marathon</p> <p>WEBSITE maraton.istanbul</p>	

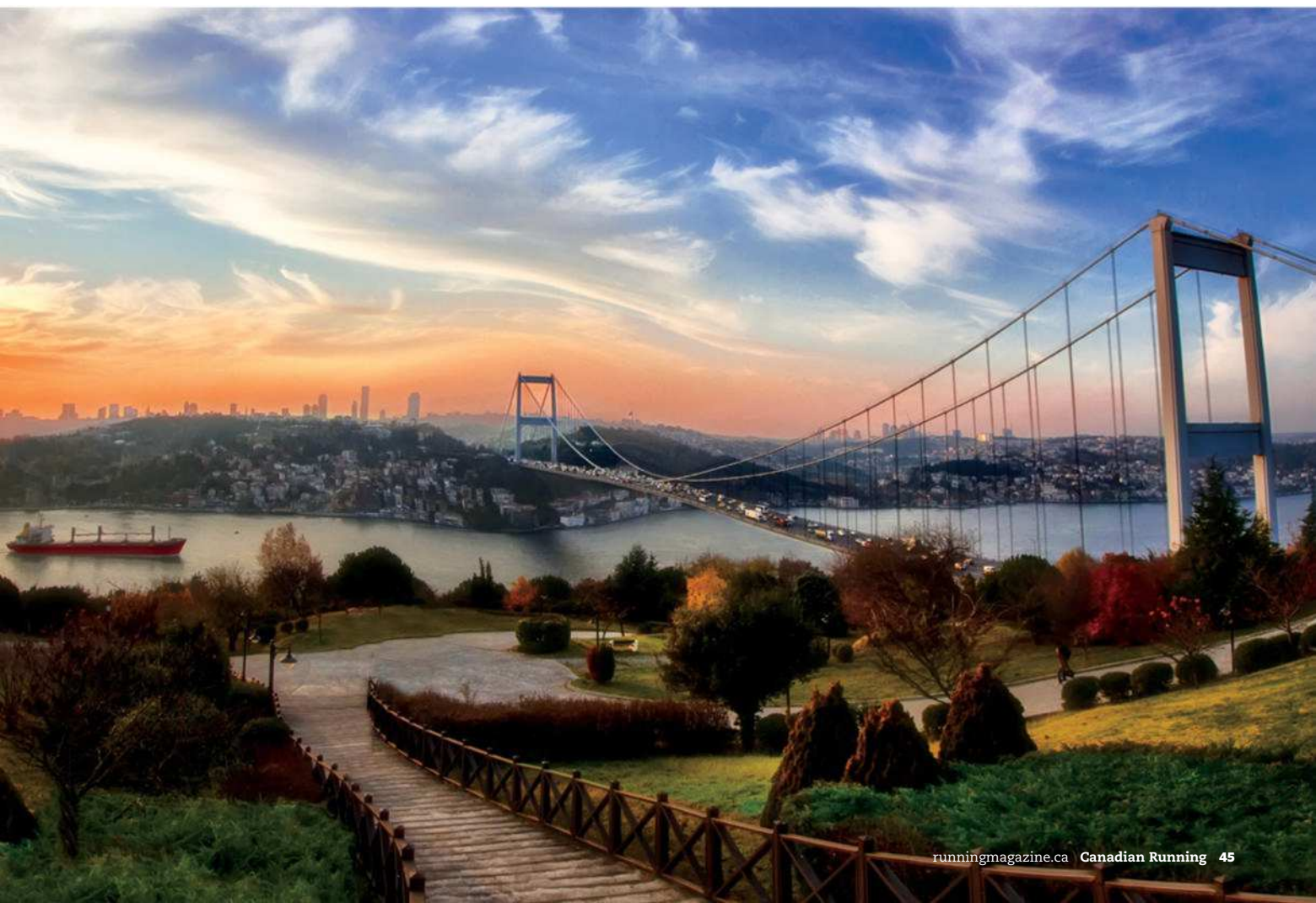
where the bikes ought to roam. The animals of Istanbul are protected by the city and are fairly lethargic, so I don't have to worry about out-sprinting a four-legged runner.

A handful of extremely crowded kilometres later, I begin to approach the Emirgan Woods, a large park near a semi-private harbour that has a short rubber track looping around it that, like the bike lanes, has definitely seen better days. After several laps

around the track, I make the trip back home, sprinting for the top of the hill with whatever gusto I can still muster.

Istanbul is a beautiful city steeped in heritage, culture and a sensation of constant transformation. The disarray of the streets can turn a daily run into its own adventure. **R**

Adam Roy spends his time running and writing in Edmonton and Istanbul.



Destination:

HALF-MARATHON





A veteran distance runner travels to the Saucony Cambridge Half-Marathon in search of a PB and a fun getaway weekend, and discovers how special the half-marathon can be through the experiences of a group of first-timers



By Joan Chung

Let's face it, as runners, a lot of our travel is centred around running. It's a great way to explore a new city, to stay fit and healthy on a vacation and provides an opportunity to meet new people. I've run a lot of races while travelling (or have travelled to a lot of races?), including events in New York City, Chicago, Monterey Bay and Boston, and over many distances from the 5K to the marathon. What I've come to realize is that the half-marathon is actually the perfect distance for a destination race.

The great thing about the half-marathon is that it won't completely take over your trip. Unlike the stresses of a marathon, you will neither be stuck in your hotel room with your legs up on the wall before the race nor will your legs be too destroyed to enjoy some sightseeing afterward.

I recently had the opportunity to race in the Saucony Cambridge Half-Marathon with four travelling companions, including two runners who were new to the distance. For some travel races, I don't take the race too seriously and use it as an opportunity for a training run or a hard workout. In the case of the Cambridge Half, it was a goal race, one which I wanted to finish with a specific goal time, but at the same time, I had never been to the U.K. and also wanted to enjoy the trip as a proper traveller.

Finding that balance between being a runner and a traveller can take some effort and some planning, but once you figure it out, you'll see that a destination race is an ideal way to fulfill your wanderlust and running goals all in one go.



WINNING AT PACKING



Packing for a destination race takes planning. I like to race cold so I need to pack an outfit that will leave me chilly at the start but comfortable while I'm actually running. According to the forecast for the Cambridge Half, it was going to be 4 C and dry—pretty much perfect. In the days leading up to the race and following it, it looked a bit chilly, so I also packed some warmer clothes, including tights and a throwaway jacket to warm-up in before the race start.

Throwaway clothes can be a lifesaver. Usually before a race, there is a long wait. Throwaways can be anything from an old pair of sweats, a bathrobe, or as is my friend's tradition, old dress shirts. In most cases, these throwaways are donated to a local charity.

I usually take a backpack onto the flight, which contains my race shoes and kit (just in case my luggage is lost), a pair of compression socks for the prolonged sitting and a lacrosse ball to lodge under my grumpy hamstring. Snacks are also key. Never rely solely on airplane food. I also bring a water bottle with me because plane air is desert-like. Other than those key items, the rest can be packed away in a suitcase.

With my bags packed and passport in hand, I arrived at the airport to meet my travelling companions. We would become the "Toronto Five," a name that would be given to us in a post-race celebration with the locals.

Among this group included Linda Quinteros, the marketing manager of Saucony Canada, another fellow runner. We chatted in the airport about the race and whether or not we would "race





race” it. I told her my plan was to take this one seriously. When I asked what her plan was for Sunday, she laughed and said that there had been a lot of trash talk among her Saucony colleagues, as the official sponsor for the half-marathon, and naturally she was feeling competitive.

We arrived to Cambridge two days before the race, allowing for the jet-lag to resolve and for time to pick up our race kits and shake out our legs. A shake-out run is a no-brainer for me both after travel and also before a race, and in this case, it was doubly important. I like to scope out part of the race course, especially around the start and finish area. It helps me to visualize the morning of the race and the final kilometres of the course as well as the simple logistics of how to get to the race start and how much time to budget.

The morning before the day of the race, three of us gathered in the hotel lobby to head out for an easy 5K that would loop around the last two kilometres of the race. With me was Linda and our travel buddy Amanda Etty, health editor at *Canadian Living*. Etty was confident. Although she had run in several 10Ks before, this would be her first attempt at the half. Her training had gone well and she had put in the work running up and down the hills of High Park in Toronto.

“I feel like a real runner,” she confided to us. “I even have scars from chafing.”

We checked out the start area of the race, which was in Midsummer Common, a large grassy area

that is used annually for one of the oldest fairs in the U.K. Looping around the Common, we completed the last two kilometres of the race, now knowing what was in store.

In addition to the start and finish area of the race, it’s worthwhile to look at the entire race course. Usually the race organizers will have the runners go through some scenic parts of the city, which highlight the history and culture unique to the area. In Cambridge, the course follows the River Cam, through the various colleges of the University of Cambridge, including the world-renowned King’s College just before the 5K mark, famous both for its breathtaking Gothic English architecture and its lengthy list of notable alumni, including Alan Turing and E.M. Forster. At the 6K mark, it also passes by the Fitzwilliam Museum of art and antiquities. A visit to the museum or a punting boat tour along the River Cam would be great pre-race activities, since they let you stay off your feet while still enjoying the sites.



TO PASTA OR NOT TO PASTA?



Leading up to the race, I find there's a bit of tension between wanting to try all of the great local cuisine and sticking to a bland diet of carbs. I would suggest planning most of the "fun" meals for after the race. For a half-marathon, I like to have a carb-heavy meal the night before the race and also a simple breakfast that includes coffee and more carbs. The night before the Cambridge Half, we planned to have our meal early, and chose a location that was within 500 m of our hotel.

Sharing in a pre-race meal with runners is a comforting tradition. Fears and goals are shared, and it's a great time to get some nerves out. Whether you are a seasoned runner or new to the sport, chances are you'll be at least a bit anxious. Chloe Bent, fitness blogger and founder of The Sweat Movement, was all nerves the night before the race. "It's my first running race, ever," she admitted to the table.

At one point during the dinner, Bent asked me, "Do you have any rituals before a race?" It was a question that I considered as I returned back to my hotel room. Pre-race rituals are important. Not only do they help to plan out everything you'll need before the race so you won't be rushing around last minute, but methodically going through the motions is also soothing.

One thing I always do the night before a race and suggested to the group is to lay out my race kit and affix my bib number. I also set up the coffee maker the night before so I don't have to deal with it in the morning, and make sure I have my nutrition, whether it's a gel or a bar, packed with my race clothes. With clothes, shoes and coffee ready, there was nothing more to do but set the alarm and try to get some sleep.



RACE DAY



The morning of a race can be stressful, even if you have planned as much as you can ahead of time. I always get up three hours before the start time to get in some breakfast and coffee and the all-important pit stop to the washroom before heading to the start.

There's always a mix of people in a race. This one had over 7,000 participants. I like to ask those around me what their goal time will be in order to get an idea if there will be anyone I can work with during the race. A few runners said they were aiming to go under 1:30 (my goal), so I felt comfortable where I was standing. I noticed that this race was well-organized and supported. Effective organization can let the runners just worry about what they came there to do: run.





And so, I ran. As I remembered from the course map, the first part of the race went by some of the more historic buildings of the city centre, and then we found ourselves out in the countryside. It was beautiful – lush and green. It was also mercifully flat. The weather remained ideal, with cool temperatures and little wind, and the kilometres ticked off.

For most runners, there is a part in the race when you go to a dark place. For me, this was at the 16K mark, approaching the city centre where we headed back to the finish line. I find having a mantra is helpful at this stage. It should be simple and repeatable. I went with “strong and calm.” When I feel fatigue setting in, it tends to lead to panic, repeating this mantra made me focus on my stride rhythm. I forced out a smile, because there’s evidence that perceived exertion lessens when you turn that frown upside-down.

Joan Chung, Joan Chung, Uncredited

How to Nail International Running Travel

A destination race can be both exciting and stressful. Keep these tips in mind while planning to make your trip as smooth as possible.

Wear comfortable clothing on the flight

Slap on compression socks to battle swelling

Bring a water bottle for the flight

It gets dry on a plane

Pack familiar snacks for the flight and the trip

In case you don't have an iron stomach, bring snacks from home

Bring recovery tools for the flight and for your trip

There are often travel sizes of recovery tools, like a collapsible foam roller, which will be helpful to keep your legs loose after the flight and also for recovery following the race

Adjust your sleep schedule to the destination time zone

This may require sleeping on the flight or staying up to acclimatize quickly

If you need nutrition during the race, bring it with you

Although races often provide it along the course, it's important to stick with what you know and not to try anything new

Go for a shake-out run after your flight

Your legs will not feel great after having been seated for so long. A short run will help to keep them loose and will also familiarize yourself with the new city

Plan out your meals, particularly before the race

If you want to eat a pasta dinner the night before, make sure you find a restaurant with that option. For some bigger races, there will be a lot of people in town, so making a reservation is not a bad idea

Figure out a transportation plan to the race ahead of time

Will the roads be closed off? Is there public transit in the city? What is the distance from your hotel to the race start?

Look at the course map

Will the markers be in kilometres or miles? What are the highlights of the course?

Plan easy activities before the race

An art gallery or museum with ample places to sit or a bus or boat tour are perfect for staying off your feet before the big race

Plan fun activities for after the race

Don't forget that you are also there to travel and enjoy yourself



How To Make a Running Trip Fun For a Non-runner

If you have a non-running partner who is supportive enough to join you for a destination race (not to mention the months of support during your training), make sure you consider the experience from their perspective. Consider these things to make the trip fun for both of you:

Try to book a hotel in a central location

Although as a runner, your priority will be close to the race start or finish, but it may not always be the best spot for someone not running the race. Try to find a middle ground between the race start and the more central and fun parts of the city.

Find restaurants with varied food options

Before the race, runners tend to eat boring, bland meals, but that doesn't mean your partner has to follow suit. A big part of travelling is trying the local cuisine, so find a restaurant with meals that will satisfy the both of you.

Be clear about your plans before the race

If you are going to do a shake-out run, if you want to check out the race expo, or need to be in bed by a certain time the night before the race, be upfront about it. It will help your partner plan his/her trip around these essential pre-race events.

Look at the race map together

Find spots along the course that are spectator friendly and close to transit stops and shopping areas. No one likes to stand in the middle of nowhere and only to catch a three-second glimpse of the person they came to see.

Figure out where and when to meet after the race

The scene at the finish line will be chaotic. Often there is a designated friends and family meet-up zone where you can arrange to meet at your predicted finish time.

Plan fun events for after the race

Figure out what your partner wants to do and see in the city and make sure you plan fun non-running events for after the race. Running is only one part of a destination race, and for your non-running partner who has joined you on the trip, it is not the most important part.





THOSE FINAL KS |

In the last kilometres, I became grateful for that shake-out run the day before. I knew when the last few turns would arrive and that it would be a slight downhill to the finish line. My fellow travel companions felt the same way. Even though you can never predict how tired you will be near the end of a race, there is comfort in knowing what to expect from the course.

Crossing the finish is the end of a significant journey. Two of my travelling companions had just finished their first halves. The decision to take on that new challenge and dedicate themselves to the training was rewarded that morning in Cambridge. Looking at the faces of runners as they finished, it was clear this is something we all feel, even if it is not our first time. As runners, we are a community

of people who dedicate themselves to a goal and seek to improve no matter where we started from. After my race, I met up with Denomme, a self-proclaimed “non-runner” who travelled with us. She’d been watching the race from the finish lane, and her eyes were wide in surprise. “I can’t believe how emotional it is to watch a race,” she said. “I just saw a runner being helped across the line by a total stranger and a dad high-fiving his daughter on the way to the finish line. This is really something.”

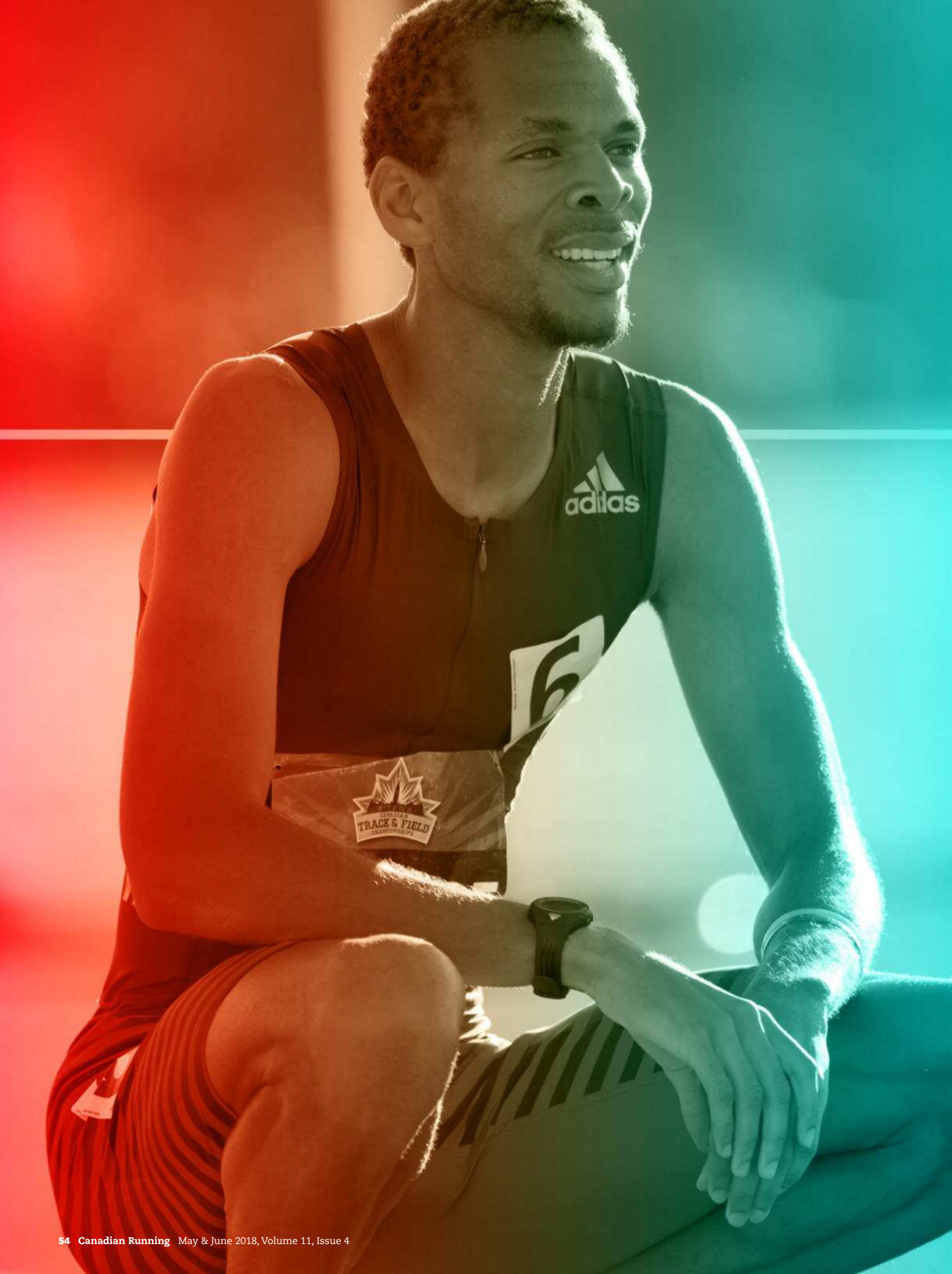
It really is something. Racing, and in particular racing in a foreign country, brings to the forefront how much of a community we really are. It never fails to amaze me how complete strangers will line up outside for hours to cheer on people they don’t even know, how hundreds of volunteers will hand out water along the race course and how thousands of runners all move in the same direction with the same goal of crossing the finish line.

Following the race, the Toronto Five boarded a van and drove to London to enjoy an essential part of the destination race: the fun. The hours and days after a race can be unpredictable. I find the amount of soreness and mental fatigue varies, but the thing about a destination race is that you’ll be more motivated to get out in the city and have fun.

For the next couple days, we enjoyed the great restaurants and sites that London had to offer, including a trip to the Eye, an appropriate option for a post-race seated activity, and the types of meals that we had been reluctantly avoiding before the race. I also enjoyed a couple of easy recovery runs in Hyde Park before we headed home.

As the trip was nearing its end, I asked my travel companions how they felt about the trip and the race, and for Etty and Bent, who had just run their first half-marathon, they were already excited for their next race. What moved me the most was that Denomme now wanted to become a runner and sign up for a race. It’s not all that surprising. Running, like travelling, is contagious. **R**

Joan Chung is the producer of The Shakeout Podcast.



FRONT RUNNER

CAN CANADIAN BRANDON MCBRIDE DOMINATE MIDDLE- DISTANCE RUNNING?

By Paul Gains

It has become a familiar sight on the Diamond League circuit the past two seasons: the tall, lithe figure of Canadian 800m runner Brandon McBride leading the field at the bell, daring his rivals to pass him.

Not many do.

The tactic has paid off for the 23-year-old. He won two NCAA 800m titles for Mississippi State University. He ran his current personal best in the lead up to the 2016 Olympics at a track meet in London by taking out the first 550m hard, leading the way. He was only beat in that race by France's Pierre-Ambroise Bosse, who went on to win the 2017 World Championship title. McBride's 1:43.88 made him just the second Canadian ever to break 1:44. "I still feel like there's a lot left in the tank," McBride told the media after the race, hoping to win Canada's first middle-distance Olympic track medal since 1936, perhaps its most contested, talent-laden period ever. Even Kenya's David Rudisha, the world record-holder and two-time Olympic gold medallist, looks beatable by many in the current talent pool, including McBride.

While his front-running has yet to bring him medals at major championships, the Windsor, Ont. resident has emerged – along with fellow 800m runner Melissa Bishop – as quite possibly the most exciting middle-distance prospect this country has ever produced. Last summer, in his first Senior World Championships, back on that fast track in London, he made the final round in one of the toughest and widest-open events, although he faded to eighth. It was a learning experience.

"It was a tough World Championships for me emotionally," McBride says of his performance in London. "I really didn't know how demanding it was going to be going through the rounds. And then, unfortunately, when I got into the final, I didn't have much left. It was bittersweet."



“WHEN ASKED ABOUT HIS RECORD, WHICH REED SET IN 2008, HE’S BLUNT ABOUT MCBRIDE: ‘I HOPE HE DESTROYS MY CANADIAN RECORD.’”

TOP LEFT
McBride at OFSAA 2010

TOP RIGHT
McBride in 2010 racing the OFSAA 400m final

OPPOSITE
McBride racing at the Rio Olympics

The 800m is arguably the most demanding event at major championships. There is an opening round, where the top three in each heat along with a group of “fastest losers,” as they are cruelly referred to, move on to the semifinals, the very next day. Only the top two from each of three semi-final rounds automatically qualify for the final. There is no room for tactical errors, as many of the event’s stars have discovered to their chagrin. McBride was required to run 1:45 in both his qualifying rounds in London.

When told that his path is almost identical to Reed’s, who was eighth in his first world championships then snatched a silver medal at the 2007 World Championships in Osaka two years later, he is encouraged.

“It helps to look at others and see that they had similar progress and whatnot and they stumbled here and there,” McBride admits. “It’s nice, and it helps me remain patient and confident in what I am doing. As long as I am progressing, no matter what the rate is, I’m happy.”

Most generational talents drop everything to focus on training, dialing in on the next Olympic cycle with a pro training group and a world-class coach. After graduating with a bachelor’s degree in public policy and administration, McBride remained in Mississippi working as a graduate assistant while working toward his master’s degree.

But in November, he returned home to be with his mother who had undergone abdominal surgery.

Although she is well recovered and has returned to work, McBride decided to remain in Windsor, where he has reunited full time with his Windsor Legion Track Club coach, Chris Sarrow. Between training sessions, sometimes with his younger brother William (800m silver medallist at the 2017 Canadian Junior Championships) and family, McBride is now studying for his GMAT exam, a prerequisite to enrolling in MSU's online MBA program.

Even while he was away in Mississippi, Sarrow and MSU Coach Steve Dudley consulted one another to ensure McBride was carefully nurtured. McBride says Dudley's approach was "if it ain't broke, don't fix it," and so the training didn't dramatically change from his high-school days. After reviewing video of all McBride's races recently, he and Sarrow have adjusted the training to focus on speed endurance as well as aerobic strength, so he can handle three rounds of top-flight racing. Without a major championship this year, McBride will be free to experiment without serious consequences.

"Of course I want to PB," he says of the upcoming season. "Because it's a down year, I want to use it to adjust to moving back home. I want to fix weaknesses. If we are able to fix a lot of them and get to where I am able to handle three rounds at a high level, I think, come 2019 and 2020, I will be ready for the next World Championships and the next Olympic Games."

In January he was named to Canada's team bound for the 2018 Commonwealth Games in the Gold Coast, Australia. He will race his specialty there although he has misgivings about the timing of the event. "I was named to the team, and I am really excited but it's also really early [in the year]," he says. "It's definitely the earliest

championships I have done in a while." He's skipped the indoor world championship for the past two years. "A goal of mine would be to come out with a medal. If I could do that it would springboard me in the direction I need to be going in." Then he adds with a laugh: "The Commonwealth. I don't think I will have to run 1:45 the first round so that's always nice."

In a typical week, McBride will run between 90–100 kilometres, with his longest run being 16–19 kilometres. Again, this is similar to the ground Gary Reed would cover in his buildup. The national record holder has been impressed with what he has seen from McBride.

"He's obviously fast," Reed says. "He has got good foot speed. In a 100, 200 or 400, he's probably quicker than I ever was. He's got great speed endurance. The only thing he is lacking right now is just that high-level experience. Of course, he has just got to run the gauntlet, like everybody."

When asked about his record, which Reed set in 2008, he's blunt about McBride: "I hope he destroys my Canadian record."

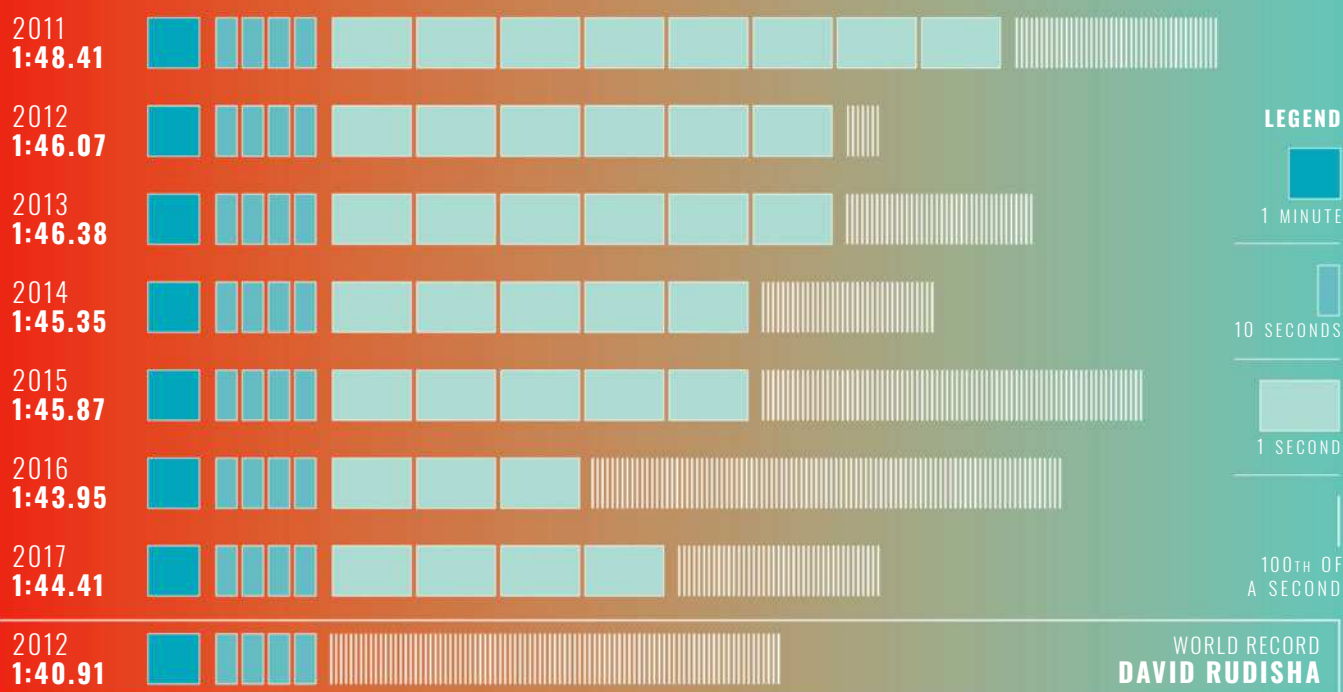
Reed had a 400m personal best of 46.45 while the younger man has covered the distance in 45.89 – he recorded that time while winning the 2013 Pan Am Junior Championships in Medellin, Colombia – and clearly believes he can go much faster.

"When I ran that in Colombia, the race was called back a few times," McBride says laughing at the memory. "For some reason, the timer wasn't starting. The race went off three times. One of the times we were literally 90 metres into the race and then they called it back. They didn't give us proper rest. Moving forward, I would like to be in that sort of shape and get into a race where I can lower my PB." Whereas Reed was an expert tactician and went into his races without a set race plan, McBride is more predictable. At 6'5", he is two inches taller than





BRANDON MCBRIDE'S IMPRESSIVE PROGRESSION



Courtesy MSU

“THAT WAS MY FIRST LOVE – I WAS A BASKETBALL PLAYER FIRST.”

OPPOSITE

McBride racing in the NCAA

BELOW

McBride racing at the Rio Olympics



David Rudisha, another notable front-runner.

“If you look at all the really tall runners they usually are more comfortable running from the front,” McBride explains. “As soon as our stride starts shortening it’s most likely not going to be a good outcome. Once you are thrown out of whack and you are out of your comfort zone, it’s very hard to stay in your rhythm. You are wasting energy trying to get out of a box, freaking out mentally. I am more comfortable from the front.”


That height would come in useful for a basketball player and it’s no surprise to learn that, up until his final year at Windsor’s W.F. Herman High School, McBride was an accomplished player. It was Scarrow who recognized his potential for the 400m and 800m. But the coach is also a believer in allowing high-school kids to explore a variety of sports before total commitment to one.

“That was my first love – I was a basketball player first,” McBride reveals. “I played throughout high-school, I didn’t do track full time until Grade 12. Looking back, if I had put all my time and energy into basketball instead of track, I think I could have been decently successful in basketball as well.”

McBride now has an international contract with Adidas and earns additional money from racing, which means he can pay his bills and afford a decent standard of living. Although he would love to jump into a pick-up basketball game, he knows where his bread is buttered. “It is tempting,” he admits with a laugh. “Well, it was tempting. Then you hear some of the horror stories – this person getting injured because they were playing a sport. It is really not worth it. I do enjoy grabbing a basketball and shooting from time to time, or just dunking. I don’t like to play in a game.”

Though he has only been back full time with Scarrow since November 2017, the improvement in McBride’s strength is noticeable, according to the coach. Their partnership is another thing McBride has in common with Reed. The latter also trained in Canada under a Canadian coach, a rarity for a world-class athlete these days.

Although Reed and McBride have never met in person, the national record-holder has followed the latter’s progress closely, even sending him an email to wish him good luck before the 2016 Olympics. Reed was fourth in the 2008 Olympic final and recognizes what it takes to be counted among the world’s elite 800m runners. And he remains one of McBride’s biggest admirers.

“It’s a fairly wide open event,” Reed says of the current state of the 800m. “I think Rudisha has probably seen his best days, that’s just my personal opinion. I think Brandon is the right age. He is coming up. If he plays his cards right he could dominate for two, three or maybe four years – and I mean seriously dominate. I don’t see any reason why in 2019 and 2020 he’s not right there on the podium.” 

Paul Gains is a freelance reporter living in Cambridge, Ont.

DISTANCE kids



AS LONGER DISTANCES BECOME NORMALIZED IN THE RUNNING WORLD, CHILDREN ARE NOW TACKLING HALF-MARATHONS, MARATHONS AND EVEN ULTRAS.

BUT SHOULD KIDS RUN LONG?

JESSICA ALDRED TALKS TO RACE DIRECTORS, COACHES, PARENTS AND EVEN KIDS WHO'VE RUN A MARATHON IN ANTARCTICA TO INVESTIGATE WHETHER CHILDREN SHOULD BE MARATHONERS.



Zara and Mekaal Rahim’s strategies for getting through the toughest part of a marathon may seem unorthodox; after all, their go-to techniques include playing I, Spy, singing their favourite songs at the top of their lungs and stopping for ice cream and chocolate breaks along the race course. But their tactics make a lot more sense when you consider how old (or rather, young) they are – willowy, soft-spoken Zara is 11, while bright-eyed younger brother Mekaal is nine. And as they wrap up their quest to become the youngest girl and boy to run marathons on all seven continents, the “how” of their globetrotting adventure is as important as the “why.” How are such young kids able to take on a race distance that seems daunting to most adults? And, perhaps even more crucially, how can they do so in a safe and healthy way, despite near pervasive warnings that kids their age shouldn’t run so far?

The Rahim children – who were born and raised Toronto but currently live in Qatar and run marathons alongside their parents, Ziyad and Nadia – belong to a small-but-seemingly growing subset of kids who are running longer race distances at younger ages. In 2011, Tyler Heggie of Charlottetown, completed the P.E.I. Marathon at the tender age of nine, and then two years later ran the 273-kilometre length of P.E.I. over the course of a week and a 4:01:43 at Toronto’s Scotiabank

ABOVE
Team Rahim at the start line of their first marathon in Scotland as part of the 7 continents journey in July 2017

RIGHT
Tyler Heggie running the 2013 Scotiabank Toronto Waterfront Marathon



It's a race for all ages from 10 to 68

By Martin Cleary
Citizen's staff writer

bitten by the marathon bug last year at 68. He ran the NCM in 3:55:07, his personal best, and three months later travelled the Montreal course.

Morris Cramer and George Capraru, both of Toronto, also are 68. Toronto's Judith Kazdan is the lone woman in the 15-runner senior group.

Interestingly enough, Runners beat Cramer to the finish by 11 seconds in the 1979 NCM.



—Mike Pinder, Citizen
Alan, left, and John Forster are ready

Marathon runners are a mysterious breed. They train long hours and hard kilometres for the purpose of running the obscure distance of 42.195 km.

In recent years, the marathon has shed its elitist cloak and has been transformed into a non-discriminatory social event open to the masses.

When an estimated 4,500 marathoners head out into the streets of Ottawa for the sixth National Capital Marathon Sunday, Ottawa's Alan Forster and Egons Rupners will have plenty in common despite being generations apart.

Forster, 10, and Rupners, 68, joined the ever-expanding fraternity of marathon runners last year, both have similar personal bests of just under four hours and both will be trying to run tomorrow's race faster.

Forster, who will be wearing Whitehaven School colors, will be the youngest entrant in the race, along with first-timer Chris Read of Timmins. Despite his youth and small frame, Forster will be entering his fourth marathon, having succeeded in the National Capital, Montreal Populaire and Skyton last year.

By training 80 km a week, Forster is confident of bettering his previous best of three hours, 54 minutes and 26 seconds, which he set at Skyton.

The Ottawa Kinsmen Harrier got the idea for entering the 1979 National Capital Marathon from his father, John, who competed in the 1978 marathon and the Canadian Ski Marathon.

"He has run off and on for three to four years," John said of his son. "He expressed an interest in the marathon, so I gave him the *Runners World* training schedule. He went through with it and got keen. He went ahead with it on his own and I didn't push him."

There are 14 boys and three girls 14-and-under entered in the race.

Rupners started jogging 13 years ago and was



Waterfront Marathon just two months later in order to raise money for MS research. (Oh, and he won his provincial cross-country championships the day before his marathon in Toronto.) Nikolas Toocheck of Philadelphia finished his first marathon in 2012 at age nine, completed his own world record for being the youngest person to run marathons on all seven continents in 2014 at age 11, and now, as a teenager, he is running 50 marathons in all 50 states in order to raise money for critical eye care for underprivileged kids.

But in addition to all the positive attention and accolades they've received, these young runners and their parents have also faced scrutiny and discouragement due to the extreme nature of their race goals. On Nikolas's fundraising website, for example, his mother dedicates an entire FAQ page to addressing the questions and concerns people have raised about her son's distance running over the years: "When Nikolas first suggested this, his dad and I had lots of questions... We had the same questions and many more that others have asked, Is he too young? Will he hurt himself? Is distance running OK for his long-term physical growth? We resolved to address all of our concerns before allowing our son to embark on such a fantastic and unique odyssey." (The Toochecks had Nik exhaustively assessed by pediatric cardiologists and sports medicine specialists before and after his first marathon, who gave him the all-clear.) Tyler Hegge flew to Toronto to race in 2013 because his local marathon in Charlottetown, which he completed in 4:37 two years previously at age nine, put age restrictions in place to prevent him from participating. And the Rahims have struggled to find marathons, in North America in particular, that will allow Zara and Mekaal to run.

Most major Canadian races follow the recommendations laid out in *Athletics Canada's Guidelines for Inclusion of Children and Youth in Road Races*, and cap registration at a minimum age of 18 for the marathon and 16 for the half-marathon. These guidelines cite wide-ranging potential risks for young runners who train for and race long distances, including a



Ottawa Citizen, Matt Stetson

“When Nikolas first suggested this, his dad and I had lots of questions... We had the same questions and many more that others have asked, Is he too young? Will he hurt himself?”

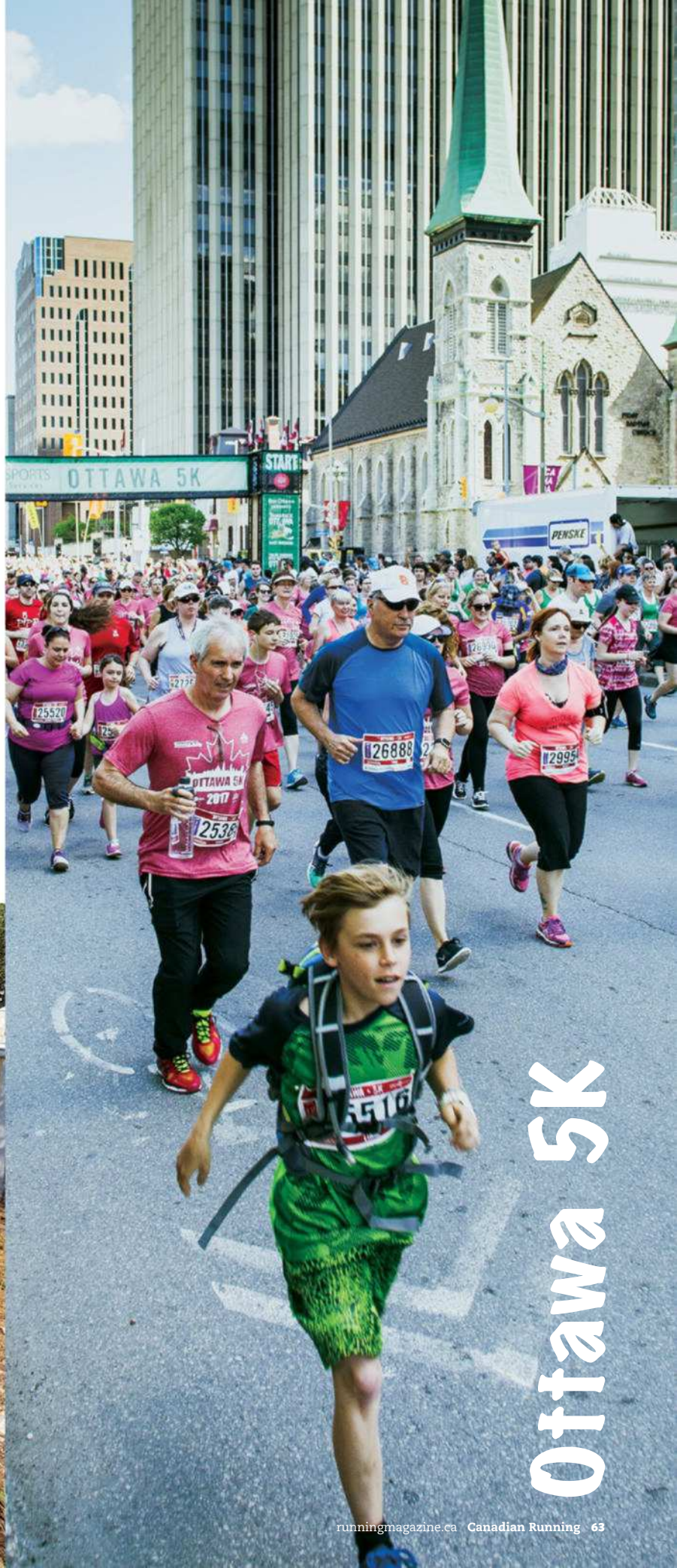
OPPOSITE
Brian and Campbell MacLennan after the Ottawa 2K

BELOW
The siblings during the Qatar Sports Day Ultra Run. Zara finished first in the marathon female category while Mekaal got third in the full marathon. The race marked the sixth of seven continents.

RIGHT
The Ottawa Race Weekend 5K is open to all ages



Ziyad Rahim, Matt Stetson



Ottawa 5K

heightened risk of overuse injuries in still-developing bones and ligaments, a decreased ability to properly thermoregulate their body temperature while running, and perhaps most importantly, the risk of psychological burnout that ultimately impedes (and even halts) their long-term development as a runner and overall athlete. "I think it is important to understand this guideline is not written in the context to say that kids a certain age cannot run so far," says John Halvorsen, former elite runner and current race director of the Ottawa Marathon, conceding that there will always be exceptional kids who can go the distance without issue. "It's less about what can you do versus what is the best for a child when you talk about long-term athlete development, and to a certain extent, how do you manage the parents' desire to often push their dreams onto their kids?" It's a rare child that possesses the innate motivation and desire to take on a marathon, Halvorsen points out. "When I get asked, I simply suggest that before a kid worry about running a marathon in say three hours, why not go break three minutes for 1K... then carry that pace to 3K or even 5K."

Multiple-Boston Marathon-qualifier Allison Christie found that her then seven-year-old daughter Lindsey's desire to graduate to her first-ever 5K race after multiple 1K and 2K fun runs posed more than enough of a distance challenge for both mother and daughter. "She knew she liked running (not sprinting) and while she loves playing team sports with her friends, she really wanted to do something that was just hers," says Christie. They settled on a two-loop course in case Lindsey ran into trouble but in the end it wasn't an issue. "She

RIGHT

Mekaal approaching the finish line to register his fourth win in the Qatar Running Series 2017 Winter Edition (Junior 3K category) at Oxygen Park, Qatar. He finished the race in a time of 12:35

BELOW

Lisha and Biyan Madden with a friend at the Ottawa 5K

OPPOSITE

Zara and Mekaal completing Rockin' The Bay Marathon in long Beach, Calif. to mark continent number five in January 2018

Junior 3K



Ziyad Rahim, Matt Stetson



ran about two-thirds of the race and walked the rest, and also spent about 500m practicing her finish line facial expression and pose. It was pretty amazing to see her finish and to see how proud she was of her accomplishment.” But at the prospect of Lindsey attempting a marathon, Christie balks, drawing in part on her own personal experience of how the marathon can break down even its hardest participants. “As a marathoner, I don’t think I would encourage my kid to run one until they were done growing – so, 17 or 18. It is hard on your body.”

Alan Forster recalls actually having to push his own marathon running dream onto his reluctant parents, even though (or perhaps because) his father was also a marathon runner. Forster, now vice-president of the Ottawa Hospital, first decided he wanted to attempt the Ottawa Marathon in 1979, when he was just nine years old, inspired by a combination of American marathoning great Bill Rodgers, the Montreal Olympics and his dad’s subscription to running magazines. “I have to say, everyone tried to talk me out of it, even my parents,” says Forster. “No one really thought it was a great idea. I kept at them, though, so the deal we struck was that I had to prove I could do the training without getting hurt – if I completed the schedule, then they would let me do it.” And stick to the schedule Forster did, his progress closely monitored by his parents after he agreed to their condition that he simply focus on completing the distance, and not worry about his time or position (though Forster finished his first full in an impressive four hours, running alongside his dad.) Still, despite his decidedly unchildlike dedication to training, Forster insists the time commitment wasn’t that much greater than friends who played hockey or did downhill skiing, and that he still found the time to be a well-rounded athlete. “I can’t say I recall it getting in the way of anything. I do remember going to the local hockey rink or football field and playing sports after a run. In fact, the day I finished my first marathon, I went to play soccer with my friends later in the afternoon.”

When the Rahims reminisce about the races they’ve done – in their home country, as well as Antarctica, Chile, South Africa, Scotland, Australia and the U.S. – they emphasize how chasing their “extreme” goal has necessitated being extremely relaxed in the way they go

“It’s a rare child that possesses the innate motivation and desire to take on a marathon.”

about their training and racing. Both kids are active in multiple sports, including swimming, soccer, karate and gymnastics, so their run-specific preparation maxed out at just one half-marathon distance long run, as well racing shorter distances periodically in the Qatar race series their parents organize, capitalizing instead on the strong multi-sport fitness both kids already possessed. “We put a Fitbit on them just to see how many steps they do,” recalls Ziyad, himself a world record-holder for consecutive ultramarathons in different countries. “Not training, just what they do on a normal weekday with school and sports and so on. And we found they were doing about 18–20 kilometres on a normal day.” Even with the addition of a modest amount of run-specific training, “at the end of the day they still don’t want to go to bed and insist they’re not tired,” says Ziyad. Thus far, the kids have stayed energized and injury-free, though they say they’re looking forward to getting back to racing shorter distances (and in Zara’s case, making more YouTube videos) once they’ve met their world record marathon goal.

Experts agree that the best way for young runners going longer to avoid heightened risk of injury and psychological burnout is to stay consistently active in a wide range of sports, rather than focusing myopically on distance running. “The error isn’t necessarily made



“I saw this amazing seal at the start line, and then one of penguins I saw was following me at the end, trying to keep up with me by waddling. I was too fast for him, though.”

in the racing distance, the error’s made in the specialization,” says Doug Lamont, head coach of the University of Calgary Dinos youth track program. “I think the elementary kids and even junior high kids need to be exposed to a variety of skills, and then be consistently active. You know that adage, it’s hard to teach an old dog new tricks? If you don’t get a good, varied base of skill development when you’re younger, it is so much harder to learn things when you’re older.” This argument against early specialization jibes with Athletics Canada’s guidelines for road racing, which, while faulted by some critics as an effort to further bubble-wrap already coddled, sedentary and borderline-obese youth by discouraging them from running longer, actually prioritizes how we can raise kids who are successful, happy and healthy life-long athletes, marathon running or otherwise. Halvorsen suggests that even the most running-obsessed youngsters keep up with a variety of sports even as they become more focused on running, pointing to the success of his native Norway’s ski team in

Pyeongchang as a prime example of how late specialization and long-term athlete development – in Norway, kids aren't even ranked in their chosen sport until they reach age 13 – pay huge dividends for all involved: "It's interesting to observe that two of the Norwegian skiers who were stars in Korea were not at the top in their age group until they hit 19. At age 16, they were only in the top third... this is when most Canadian kids quit sports."

For the Rahims, while the world record hunt has provided some incentive for Zara and Mekaal (who want their own record to match their dad's), the overwhelming focus is on completing rather than competing, and they run all of their races as a unit, typically finishing in between six and six-and-a-half hours. They approached their first all-family attempt at the marathon distance – a point-to-point trek from Glasgow to Linlithgow in Scotland last summer – very cautiously. "We went into it as just a fun adventure with the kids, and just wanted to see how it went," Nadia recalls. "We had a backpack full of food and water, and chocolates to help keep the kids going." Ziyad would play music for everyone to run and sing along to, and regular walking and stretching breaks were a must. Above all, whenever anyone was going through a rough patch of fatigue, or feeling overwhelmed by the distance, the rest of the family would pitch in to help distract or talk them through it. "You really get to know your kids on a deeper level, and you quickly see how resilient they are," says Nadia, adding that Zara and Mekaal helped

her through the rough spots just as much as she helped them. "Mekaal would come to me and say 'OK, Mum, we can do this, we've got to keep going,' and be my support system in that way. And Zara knows just when to change the subject to distract my attention. But I think by 34 or 35 kilometres, we all just wanted to be done, didn't we?" Nadia asks the kids. ("Yes!" they chime in unison.)

While they crossed the finish line "walking like Woody in *Toy Story*," in Nadia's words, vowing to never do another marathon, it was only a matter of months before the Rahims were en route to back-to-back marathons in Chile and Antarctica. And Antarctica remains Zara and Mekaal's favourite race, because as Mekaal recalls, "I saw this amazing seal at the start line, and then one of penguins I saw was following me at the end, trying to keep up with me by waddling. I was too fast for him, though." As

challenging as that first marathon was for the kids, "the last two or three marathons they did, they finished happy," says Ziyad. "They just sprinted to the finish line." And one of the greatest things running has given the family, in contrast with some of the other sports Zara and Mekaal are involved in, is time together as a family. "We don't get a lot of family time, between school, activities, homework and rushing the kids to bed to make sure they get enough sleep," says Nadia. "It was actually nice just to talk. And you've got more than enough time to talk! Just spending that time with each other, getting to know each other, our plus points, our weaknesses and just having that experience together – I don't think that could have happened in any other situation." **R**

Jessica Aldred is, in no particular order, a runner, writer and mother living in Calgary.

OPPOSITE
Ottawa Race Weekend 5K

RIGHT
Zara and Mekaal during the Pretoria 12H Ultra Marathon as part of the African leg of their 7 continents journey in December 2017

BELOW
Zara and Mekaal proudly displaying the Canadian flag after becoming the youngest male and female in the world to complete an Ultra Marathon (50K) in Antarctica



Ultra 50K

The 2018 RUNNING WATCH BUYER'S GUIDE

We recommend five different watches for runners with different needs



If you're a gearhead on a budget

SUUNTO SPARTAN TRAINER WRIST HR

\$380

The Finnish company Suunto started over 80 years ago by making compasses. It's not surprising, that today, they are a leader in the outdoor-adventure navigation space. The Ambit series of watches are beloved by ultrarunners, as the details and design have catered to this. In 2017, they rolled out their Spartan series with built-in optical heart rate sensors, which our testers have found are among the most accurate in the industry.

The Spartan Trainer is Suunto's affordable option, aimed at the road runner, but it also works as a great trail companion or multisport trainer for the budget-conscious. Simply put, for under \$400, it's the most reliable, powerful and fully featured running watch on the market. It has a very good optional heart rate monitor, all the little bells and whistles of higher end models, and looks great. The Spartan Trainer is a brilliant option, especially for the price.



If you are looking for more than just a running watch

APPLE WATCH SERIES 3 NIKE+

\$430-\$520

In just a couple years, Apple has aggressively entered the wearable market. With Series 2, the hardware-maker showed it was serious about running, tucking a GPS unit into Apple Watch. It was a really nice device for runners, with fairly accurate distance and pace readings, arguably the best screen and certainly the cleanest design of any running watch currently available.

Series 3 delivered what we'd all long imagined Apple would do with a smartwatch: You can make and take calls with it, just like sci-fi films have promised for years. Many have questioned the value or need of being able to make a call with a smartwatch. But runners are probably the only people for whom this feature now seems absolutely essential. Think about it: If you were able to take a super time-sensitive call, why wouldn't you want to have that option? Or, perhaps even more importantly, Apple Watch can now function as a safety device for runners: If you find yourself in an unsafe situation or medical emergency (or you just need a lift home from a bad run), you can now phone it in. And of course, Apple Watch is so much more than just a running device: You can follow a workout routine, prep a recipe or practice meditation with it. And it plays music. It's a complete package for both runners who can live without some of the fine-grain details of your run, and everyone else.



If you're a focused road runner

EPSON PROSENSE 307

\$330

Epson, yes, that Epson, the company known for imaging and printing electronics, is trying its hand at running tech. Recently, Epson came out with five new GPS watches, all with affordable price points. Did you know Boston and New York City Marathon champion Meb Keflezighi wears the 307? If it's good enough for Meb, we thought it certainly is solid contender for mere mortal marathoners.

The 307 retails for \$330, which is a fair price given the stats it tracks and features it offers. The top-tier models, above the 307, feature either a better battery life or sapphire glass (or both). Fortunately, for those not willing to spend in the mid-to-high triple-digits for a running watch, the 307 does most, if not all, of what you need from the gadget on your wrist.

The display is like that of the Amazon Kindle (electronic paper) which can be clearly read at all angles without glare. All activities auto-upload, and can do so to third-party applications like Strava, RunKeeper, MapMyFitness and Training Peaks when linked. The GPS is remarkably accurate, even in dense urban sprawls with high-rises possibly blocking signal. In previous models, distance went down to the thousandth place – 1.001K, for example – and that trend continues with the ProSense 307 and similar models. If you're a Type A runner, you'll be able to hit 10.000K on the dot. Fitting for serious roadies.



If you like a soundtrack for your run

GARMIN FORERUNNER 645

\$580

The Forerunner has long been the bread-and-butter running watch for the vast majority of runners. This new mid-level model does everything you'd want a GPS unit to do (an accurate, fairly quick connection, a gyroscope, accelerometer, thermometer, barometric altimeter, compass, heart-rate monitor and even GLONASS, which is an alternative to GPS, in case there are issues with that system). The 645 uses these sensors to tell the obvious (pace, distance, time), but can also work as a personal coach and lab tech on your wrist.

All that stuff is nice (and expected at this price point), but the hype around the 645 is that it can play music. It uses Bluetooth to connect to wireless headphones, a first for a Garmin watch. This requires you have access to downloadable files, and it works seamlessly in that regard, storing up to about 500 songs on the watch. Where there could be problems is with streaming services, as most require a paid subscription to listen to music offline, and even then don't truly give you access to these files in order to upload them to a device offline, such as this watch. Garmin says it's working with certain services (they already have iHeartRadio as a partner), but it will be key to get the major players onboard, including Spotify, Apple Music and Google Play.



If you're looking for your first GPS watch

POLAR M200

\$150

Polar are known for making a series of high quality (and higher price point) multisport devices. The M200 is, by contrast, one of the most affordable GPS units on the market, especially one that includes an optical heart rate monitor. Yes, the M200 is certainly less refined than a more expensive model, but where it skimps on design details, it excels in overall value.

The silicone strap is really comfortable and swappable. It also comes in five different colours: White, black, blue, yellow and red. The watch face itself is an extremely simple design: Just two buttons to operate every function, including connecting to GPS, run history, heart rate data and splits. Interestingly, you charge the watch by removing the face from the band and connecting it to a USB input. The simplicity also carries into the functional design. The LED dot matrix display is certainly not the sharpest or brightest on the market, but it's straightforward and tells you only what you need to know. If you're looking for your first GPS watch to keep track on your new running addiction, the M200 will probably provide more information than you'll even need, but that's not a bad thing.—CR **B**

The 2018 Summer Running Bra Guide

Our testers pick 12 bras that provide a wide spectrum of support and performance for every body type

Light support



Brooks Hot Shot

\$45; Fits cups A-C, 30-40

This minimal-feeling running bra is best for very light support during hot summer workouts. The hip geometric pattern choices make the Hot Shot one of the best looking in our review. It comes with removable cups for shaping and covering options. This new version has a better criss-crossed strap design, that also looks more sophisticated. The soft, brushed material on the bottom band is a nice touch. Compresses slightly to the body for a good hold during fast movement.



Reebok Workout Ready

\$35; Fits cups A-B (sized 2XS-XL)

This multi-purpose sports bra does a good job minimizing bounce for runners needing light support.

The Speedwick tech is adequately breathable, even for longer, sweatier runs. Nice touches such as the keyhole back design and a slightly more modest neckline cut so you can feel confident running without a shirt on a hot day. Our testers reported that the embedded straps are quite comfortable.



Nike Indy

\$55; Fits XS-XL

Nike's bras are a go-to for serious runners needing light to medium support. Of course, the designs are elegant, but their DriFit material has stood the test of time as one of the best sweat-wicking fabrics available. The Indy is a well-vented option, ideal for the hottest summer training days. It's racerback, pullover design is ideal for hard track or tempo sessions, or, of course, race day. While it's not the most locked-in of the bras our runners tested because it lacks fine-grained adjustability, if the fit works for you, it is one of the best.

Medium support



Under Armour Mid

\$30; Fits cups A-C (XXS-XXL)

The Armour Mid is best for medium support and impact when running. It works as a compression top without feeling suffocating, but certainly fits closer to the skin than other bras reviewed here, for that snug, locked-in feeling. The Armour Mid's pullover racerback design has two layers of premium fabric and a jacquard band, which soft to the touch and holds nicely in place. There is no padding, but the double lined material feels premium, isn't see-through and has a good four-way stretch.



Asics Quick-Dry Colour Block Bra

\$50, Fits XS-XL

The Colour Block may be named for its sleek styling, but it also could be called the "highly breathable workout-ready bra." This is due to two factors in the construction: the quick-drying material, which has special sweat-wicking polymers woven into the threads, and the big mesh panel placed vertically between the shoulder blades on the back.

The racerback styling will work well for runners who need support right in the mid-range, and want to feel that the garment is able to twist with explosive movement. That said, it does provide a good compressed, locked-in fit. It also comes with removable cups.





Lululemon Speed Up Bra

\$68; Fits sizes 2-12

The Speed Up is Lululemon's latest bra, released just in time for summer. It's focus is entirely on feeling comfortable and secure while moving with intensity during a hard workout. In fact, it was designed specifically for runners. It's made with Lululemon's premium materials, so the fit and finish is of the highest calibre. The molded cups are lined with a microfibre, which keeps you dry and irritation-free throughout the run. The main construction is entirely bonded, instead of sewn, so the fit is smooth and won't chafe. Perfect for medium to high impact needs.



New Balance Pace Bra

\$50; Fits cups A-D, 30-40

The Pace is designed squarely for medium impact and specifically for running. The ample amount of spandex is great for a good four-way stretch material, without feeling sloppy or unformed. The Pace's substantial and smooth 5-cm-wide elastic band creates a secure fit around the ribs to hold it firmly in place during a workout. It's compression-style design feels just right for longer runs or races, and the pull-over, racerback cut with a back keyhole design looks the part for wearing solo.



Under Armour Mid Crossback Print

\$30; Fits cups AA-DDD, 30-40

Like the other Under Armour bra reviewed here, the Mid Crossback uses some compression to get what the brand calls "next-to-skin" fit without feeling squeezed on the run. The "mid" in the model name suggests that it's best used if you need some support. The cups are removable for a more customized fit, along with the other namesake of this model: the keyhole-style crossover straps. The piece is finished off with a high-quality jacquard strap and Under Armour's Heat Gear material for heavy workouts.

Maximum support



Reebok Running Essentials High Impact Bra

\$55; Fits cups C and D

The Running Essentials High Impact is built for just that: it provides a secure yet functional fit, described by our testers as “snug without feeling tight.” For most of our testers, bounce was pretty much eliminated. The strategic use of mesh adds venting and looks sleek, and the racerback cut is extremely comfortable during a workout or race. Reebok’s designers also added side slings, for a little additional support. One nice (and ethically sound) detail about this garment is that it’s made from recycled fabric.



Brooks Juno

\$70; Fits cups B-E, 30-40

The Juno is Brooks’ most successful sports bra ever, both in terms of sales numbers and in its overall build. It’s ultra-customizable, for a variety of support and size needs. The uni-cup design provides serious lift and has a slightly more modest cut for solo wear, so it can confidently be worn as a top during a summer run. The back design is improved from the previous model, with a keyhole cut, and strong hook-and-loop back closure.



New Balance Pulse Bra

\$55; Fits cups A-B, 30-40

Our testers raved about the front design of the Pulse, which is ideal for wearing on its own during the summer months, or pinning a bib during that goal race. There’s a nifty pocket hidden in the front of the wide uniform design. Underneath, the Pulse is crafted in a compression style, so it provides a locked fit, perfect for running hard and fast. Internal cups create individual support for each breast, so that there isn’t that smushed feeling while running. On the sides, mesh panelling provides ventilation. The pads also can be removed.



Shock Absorber Ultimate Run Bra

\$70; Fits cups A-HH

The Ultimate Run Bra is, not surprisingly, specifically created for runners. If you’re looking for a total locked-in fit for max bounce reduction, this is a great option. The Infinity-8 support system stops that awkward “figure-eight” bounce that happens during a steady run. The inner liner is quite plush and is built without seams, reducing chafing significantly. The nice, wide and padded straps are adjustable for a perfect fit. Another nice touch is in the reflective accents on the chest for low light visibility if worn solo. Full back opening for easy on and off.—CR **R**



UNIVERSITY OF
TORONTO TRACK CLUB
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Club Info

WEBSITE torontotrack.com

Going to School to Learn How to Run Track

The University of Toronto Track Club is for runners of all ages

Not every many track clubs can make the claim that Paul Osland uses to describe the University of Toronto Track Club (UTTC): “We have the full spectrum. We’re a cradle-to-grave track club.”

UTTC is a multi-program club, encompassing a junior development program that introduces kids under the age of 16 to the sport, the U of T Varsity Blues squad, an open group for post-collegiate and young-adult athletes training at a high level, and a masters group. The fact that all of these groups interact with each other makes for a special kind of running community.

For Paul Osland himself, UTTC is a “cradle to grave” sort of community. He was a student at the University of Toronto in the late ’80s and was a member of the varsity track team. He remained with the club throughout his professional running career, during which he ran the 800m and 400m relay at the 1988 Seoul Olympics and 1990 Commonwealth Games in Auckland. After his professional career ended, Osland took some time off from running, but returned to the masters scene (with a vengeance) in 2005, returning to UTTC in 2007. In 2009, he worked to develop the masters division within the club, to support the pursuit of running for other older athletes.

He is currently the president of the Canadian Masters Association and beginning in April, will be taking over the CEO position at Athletics Ontario.

Osland coaches the Master’s group of UTTC himself, with a coaching philosophy that stresses the avoidance of injury. “Masters athletes do not recover as quickly as younger athletes, from workouts or from injury,” he says. “It’s also harder to return to fitness after an injury as a masters athlete and because of this, I’m constantly keeping an eye on my runners. One of my advantages as a coach of masters is the fact that I’m also a masters athlete, so I can consider recovery and effort from their perspective,” Osland says.

Osland sees the development of masters programs as a key factor in boosting the overall popularity of track-and-field and the sense of community within the sport.

“I ran in three university races this year and I beat a number of university athletes. I’m 54. People look at that and go: ‘That’s weird. Why is this guy still running?’” Osland says. “I think masters athletes are often looked at as having nothing to offer, until we reach the age of Ed Whitlock, at which point we become sort of ‘general interest pieces,’ kind of like a *Ripley’s Believe it or Not* situation. But lots of people who are no longer at the prime of their athletic life still love running and love competing.”

UTTC also caters to those who are at their athletic prime. Well-known names from the club include Olympian Gabriela Stafford and distance-athlete, Sasha Gollish. Many athletes who are seeking to continue training hard post-university find a home at UTTC, like former captain of the Queen’s University Track and Field Team, Michael Styba.

“I try to keep the same running consistency and work ethic that I did when I was a varsity athlete, but I’ve reduced the amount of time spent cross-training, getting treatments, due to my eight-hour work day,” he says. “I want to get everything I possibly can out of running – so I can’t half-ass it.” Styba says that UTTC is a place where he can form strong relationships with other post-collegiate athletes who are in the same boat. He jokingly attributes his fitness partly due to UTTC coaching staff, and partly due to the fact that he has to warm-up and cool down for five to seven kilometres each way to get from home to workouts. But it’s that sort of draw that this Toronto institution has developed over the years, making it a life-long solution for runners of all ages.—CF **B**



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2018 National Marathon Championships





Halifast Runner

Nova Scotia's high-school record-setter Maggie Smith

By Alex Cyr

On a cool and wet morning in June 2017, Maggie Smith turned many heads when she rounded the Beazley Field track in Halifax en route to crushing the 1,500m and 3,000m provincial intermediate high-school records.

The middle-distance runner, who trains under Rich and Hannah Lehman of Halifax Athletics Club, has since had quite the year. She was the Youth 800m gold medallist at the Legion National Youth Track and Field Championship two months later, and showcased her range when she nabbed bronze in the youth girls' 6K at the Canadian Cross-Country

Championships in the fall. We talk to Smith about music, role models and what workout turns her stomach upside down.

What is your first running memory?

Running with my dad when I was younger. He ran a bunch of marathons like Boston and New York. We used to run races together and hold hands at the finish line. Sometimes we still run together, but most of the time, I would rather run by myself.

Who do you look up to in the running world, and why?

Melissa Bishop. The times she has posted over 800m are insanely fast. It was a thrill to watch her fight for a medal spot at the 2016 Olympics. Her level of competitiveness is something I strive for, and I wish her luck in her next chapter and pregnancy.

When you read this in 10 years, what do you hope to have accomplished by then?

Right now, I am just focusing on the upcoming summer and the outdoor season. An aspiration of mine is to represent Canada, but my ultimate goal is simply to push as hard and run as fast as I can. I hope to be in this sport for the long run.

What song would you pick to play as you stepped onto the track at the Olympics?

Definitely "Born to Run" by Bruce Springsteen. It has become the last song I listen to before every meet. My dad even plays it in the car when I get nervous before races.

What's your favourite workout and why?

Three sets of 400m-200m-200m at 800m pace. When I hear that I have to run that workout, I feel a mix of emotions. It is a hard workout to nail because the paces are fast, but when I do run it well I get motivated and excited about what is to come. **R**

Alexandre Cyr is a regular contributor. Originally from P.E.I., he now lives and runs in Windsor, Ont.

ABOVE

Maggie Smith on course and about to take the Nova Scotia Provincial XC title

HOMETOWN Halifax

AGE 16

PBs

800M: 2:10.97

1,500M: 4:33.12

3,000M: 10:00.54



**Fire on the Track:
Betty Robinson and the
Triumph of the Early
Olympic Women**

Roseanne Montillo
Crown Publishing Group 2017

Most authors use the dedication page of a book to recognize a special person in their life, someone to whom they are particularly indebted. In *Fire on the Track*, Roseanne Montillo not only recognizes a group that every single woman of any running ability should be thankful for, but she also encapsulates the reason this text is so important. It reads: “To the forgotten athletes of the early Olympics.”

It has only been 90 years since female track-and-field athletes were first allowed to compete at the Olympic Games and a mere 51 since Katherine Switzer’s iconic first run of the Boston Marathon. The tale of race official Jock Semple’s attempt to pull Switzer off the course is infamous, and *Fire on the Track* is a blood-boiling record of the all the acts of patriarchal condescension, blatant objectification and rampant sexism that attempted to pull the first female American track-and-field athletes off of their course to compete at the Olympics.

In addition to unearthing the history of Olympic sexism that has remained widely unconsidered, Montillo takes her readers through a thrilling ride. Not many books can include a plane crash, numerous Olympic medals, the realities of the Great Depression, impressions of racism, blossoming Hollywood careers and a proposal from Hitler while remaining in the non-fiction category. With a historian’s care, but a novelist’s touch, Montillo deftly shifts forward and back between the lives of Betty Robinson, Stella Walsh, Babe Didrikson and Helen Stephens. It begins with their chance discoveries by coaches (shout-out to the men who support female athletes) and then tells of their battle against officials and the press for the opportunity to compete. Finally, Montillo describes the fire they lit on the track – a flame that still burns every time a young girl is encouraged to find self-determination and confidence through sport.

Fire on the Track shows not only just how far the women’s running community – and the broader female sporting community – has come, but also how far there is left to go. Female athletes continue to be paid less than their male counterparts, and they are more likely to face commentary on their physical appearance than male athletes, or to be vilified for the competitive drive that is celebrated in men.

This book is a must-have for any runner that reads. My only wish is that Montillo had also written a Canadian version.—CR



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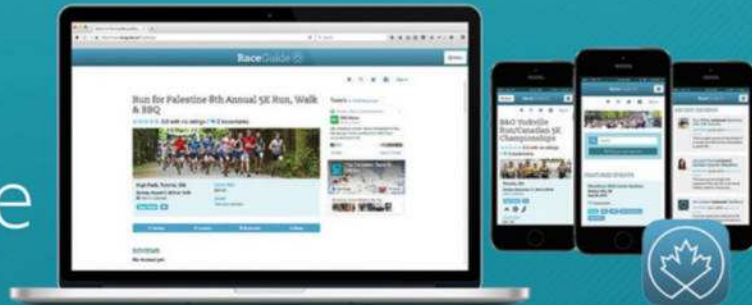
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RaceGuide



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Even when running alone,
we're all in this together

By Kristina Jenei

I round the corner and meet him square in the eyes. I see his hand come up despite the sideways rain that has been pouring down for what seems like a year. It's a welcome distraction from the suffering of the last 20 minutes, otherwise known as my lunch run. I'm caught off guard, but my hand instinctively goes up in response. I don't know why, but his acknowledgement of my efforts does not go unnoticed – almost as if I am validated for my tenacity – or perhaps it's my laziness from the sleep-in this morning. The runner's wave is a daily challenge. To wave, or not to wave? that is the question. I once missed a high-five from another runner during a long run and am I still living with the guilt today.

Is it that he understands the suffering of solo pavement plodding as a sort-of collective agreement we both entered into as we laced our shoes? Perhaps he, too, is a disciple of the “calories in, calories out” scripture in which we repent our banana bread sins on long, endless stretches of seawall. Or perhaps there is an acknowledgement of the bond we share as the few humans that chose to wait until the wind picked up and the clouds changed into a darker shade

before thinking it was a great time to be outdoors. I've noticed people do tend to wave more in the torrential winter rain. Or maybe that arm came up as an acknowledgement that “I, too, made a poor choice in not running before work.” Does he think that our society, based on increasingly individualistic tendencies, has surpassed its threshold and it is now time to forge community, starting right here on the Vancouver Seawall?

One could argue that every one of us lives in a world of our own making – a reality constructed in part by us, but also in part by others – a reminder that we exist as both core and appendage. The constant inundation of social media can be ironic. It acts as a visceral reminder of the consequences of us growing apart. In this case, perhaps something as small as mutual acknowledgement, a wave signaling, “We're out here, alone but together,” can convince us of the good in the human condition. Perhaps it is in these types of encounters that ultimately can shape how we perceive the world. Or as the poet David Whyte wrote, “It is the intangible air passed round a shaped wing which easily holds our weight.” That space between another runner's wave and mine is something we cannot see, but is inevitably there.

My watch beeps, almost as a reminder that I'm making forward movement (something I forgot when I stepped outside and into a headwind). I have reached my halfway point and turn onto a road where I trade wind for elevation. I see her off in the distance. She is coming up the opposite way.

I look, I raise my hand and I wave. **R**

Kristina Jenei runs with VFAC in Vancouver when she's not running solo.



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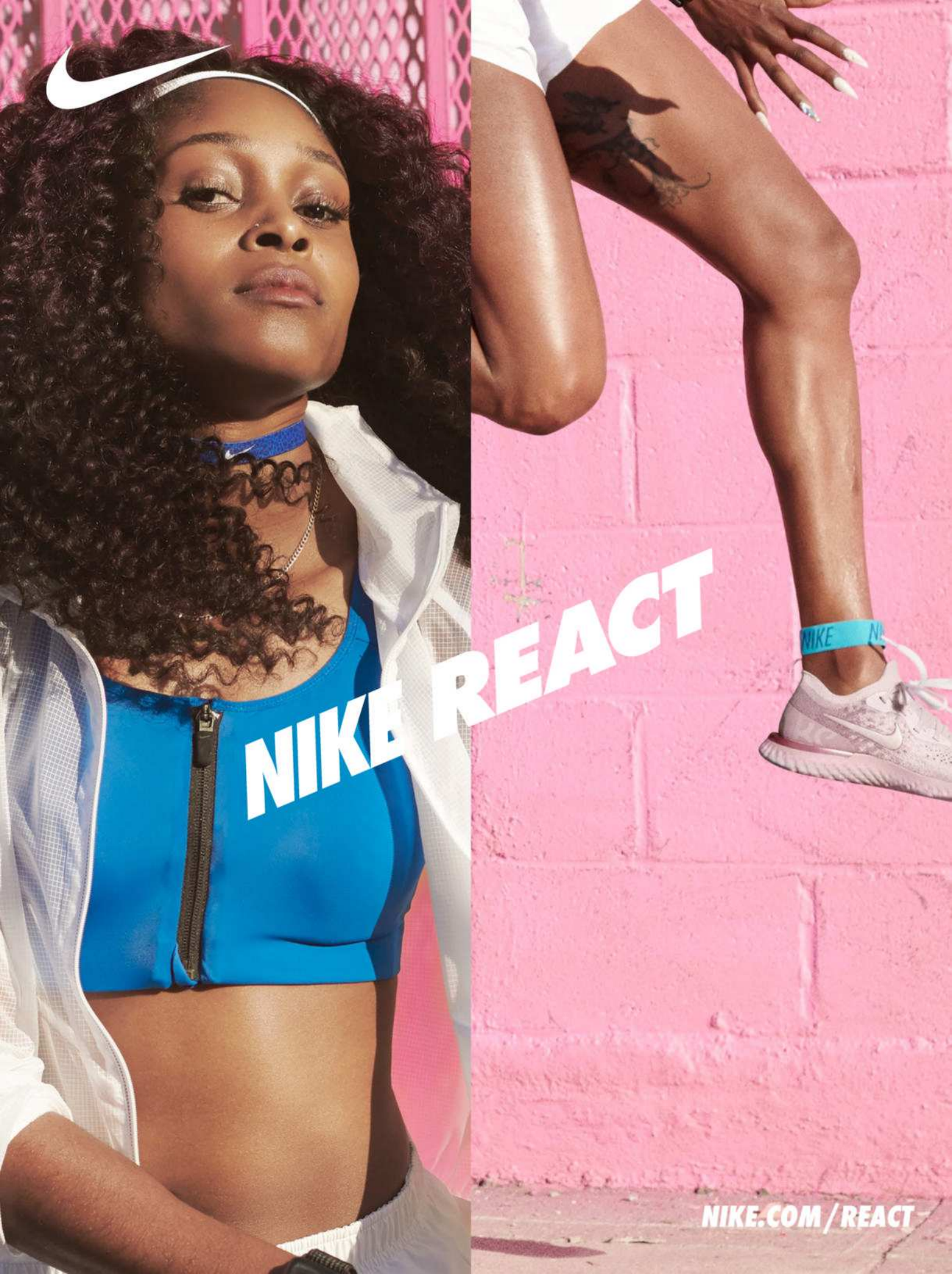


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