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Native Son

ISSUE 03 2019

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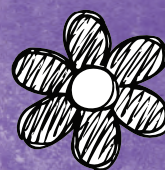
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SAT



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SAT



THE 5K

May 25th • 4:00 p.m.

SAT



THE 10K

May 25th • 6:30 p.m.

SUN



MARATHON

May 26th • 7:00 a.m.

SUN



KIDS MARATHON

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1/2 MARATHON

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Kilometres for Kate

Laural Adams explains why she's running the New York City Marathon

On March 27, my mom died.
Brain cancer stole my mom's life.
So I'm running.
I'm running to get away from the pain and from the grief.
I'm running to escape the terrible anger consuming me.
Most importantly, I'm running for my mom.
My anger is pushing me forward to continue my mom's battle.
I'm doing this by running the 2019 New York City Marathon in my mom's memory, raising money for the Brain Tumor Foundation.
My team's name is Kilometres for Kate—#KM4Kate.

Let me tell you about my mom, Kate.
My mom was passionate about pretty much everything. Up until October she was the picture of health. She was my yoga buddy. She ran 5Ks with my dad and me. She loved learning new health facts, and was the first person to try out chia seeds, quinoa, acai berries and Pilates.
I was raised on homemade yogurt and fell asleep to the soundtrack of the Jane Fonda workout.
We should have many years ahead of us.
And then one day in yoga class, she confused her right and left sides. At that moment, she knew something was terribly wrong.
She'd had a bad headache. Her vision was a bit off (from new glasses, we assumed).
We thought maybe it was a stroke.
It was, in fact, multiple brain tumours growing at an alarming speed.

My mom was diagnosed in October and died in March.

I'm angry.
So I'm running the New York City Marathon, in memory of my mom, and I'm taking you along on my journey as I prepare for the toughest challenge I've ever faced.
I have six months to get ready—both physically and emotionally, not to mention raise a whole lot of money.
I don't expect it to be an easy path.
I'm not a strong or fast runner. When my mom got sick, I stopped all training, replaced my Gatorade with wine and put on about 30 pounds. But I like a challenge. And every step of the way, I will remember why I'm running.

I'm not running alone. I have a team supporting me. Our team is KM4Kate and it consists of my dad, who is running his first marathon, and two friends who told me that I can't do something like this alone.

On March 27, my mom died. But her story is not finished. 🐾

To follow along with Laural's story, see KilometresforKate on iRun.ca.



↑ **RUNS IN THE FAMILY:** From top, Laural and Kate after the Canada Day 5K, 2017; Kate, Laural and Laural's son Matthew after Matthew completed the lululemon Waterfront 10K; Kate, Laural and Wayne, Kate's husband and Laural's dad, after the Canada Day 5K.

The Fastest Marathon Runner in Canadian History— CAN GO FASTER

The third fastest runner in Canadian history, Reid Coolsaet, explains the phenomenon that is Cam Levins

Three and a half years before Cam Levins smashed Jerome Drayton's 43-year-old Canadian marathon record, Levins set the Canadian 10,000m record. In May of 2015, Levins ran 27:07 over 10,000m—it was the fifth fastest time in the world that year. Even back in 2015, Levins knew his marathon debut would come in 2018, and that he'd be targeting the Canadian record. However, the path between the two records was nothing like he envisioned.

Not even close.

Cam Levins burst onto the scene in 2012 when he won both the 5,000m and 10,000m at the NCAA Championships competing for Southern Utah University (SUU) under the guidance of coach Eric Houle. He then qualified for both of those events at the London 2012 Olympics.

Eric Gillis, Dylan Wykes and myself had qualified for the 2012 Olympic marathon and got to know Cam while hanging out in the Olympic village. We chatted with him about his training and confirmed the rumours that he routinely ran over 250 kilometres in a week. Here was a 23-year-old focused on track events and he was running more than we were! His training was extreme, but no one could argue that it wasn't working for him. We wondered if his training was sustainable—if it was, he was surely made for the marathon.

The three of us marathoners figured that with one month of marathon-specific training, Levins could likely break the Athletics Canada Olympic standard (2:11:29) and, with a proper build-up, a sub-2:10 clocking was well within his abilities. (At the time, the Canadian record was 2:10:09). The big question for us: when would Cam run a marathon?

Cam knew for years that his marathon debut would come in 2018. This type of conviction is what characterizes Cam—he has exceptional belief in his running. 2018 would be perfect timing

for his debut, as there was no Olympics or World Championships and that would give him a few cracks to learn the marathon before the 2020 Olympics.

But back to the 2012 Olympics—Cam finished fourteenth in the 5000m and eleventh in the 10,000m. In the latter race, Mo Farah and Galen Rupp captured the gold and silver medals. The next year, Cam would join the Alberto Salazar—coached Nike Oregon Project (NOP) to train alongside Mo Farah and Galen Rupp.

Alberto reigned in Cam's mileage, added high-end speed work and put more focus into strength and conditioning. Levins improved over the next couple of years, setting the Canadian indoor 2-mile record (8:14.69), indoor 5000m record (13:19.16) and winning a bronze medal at the 2014 Commonwealth Games. By 2015, he was closing the gap to Farah and Rupp over 10,000m when he clocked 27:07 at the Prefontaine Classic. Cam was poised for a big result in the 10,000m at the 2016 Rio Olympics.

And then things started to unravel. At the 2015 Canadian Track and Field Championships, he was tripped and hurt his foot. That was the start of a string of injuries to his navicular and talus bones and his ankle. He struggled to live up to his own expectations at that summer's Pan Am

Games, finishing fifth in the 5000m. Although he competed well at the World Championships that year, his fourteenth place didn't represent the improvement he had made in recent years as he equalled his fourteenth place from the same event two years earlier.

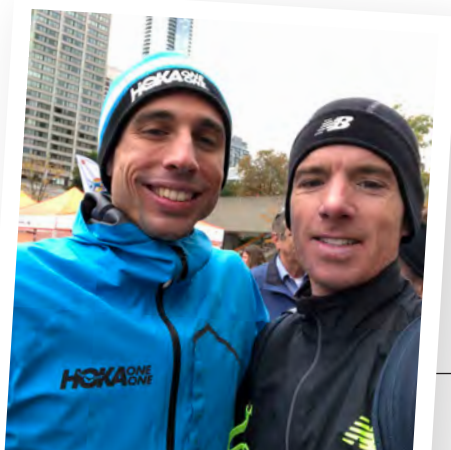
In May 2016, he had a promising 13:26 over 5000m—a result that could have easily precluded an Olympic qualifying performance in a few weeks' time. Instead, his foot got to the point where he had to undergo surgery to repair a torn peroneal tendon and navicular fracture. This type of injury has ended some promising running careers. He had to watch the Olympics from his couch.

"Missing the Olympics was difficult, but the prospect of never running competitively again was far more prevalent and daunting," he says. "Seeing great performances and not being able to just go out for a jog whilst they were happening was sad for me."

His training partners had a great 2016 Olympic showing. Mo Farah ended up winning another Olympic gold in the 10,000m. And while Galen Rupp "only" finished fifth in that same final, he came back and placed third in the marathon later in the games.

When Cam resumed running in 2016, he turned to his old coach, Eric Houle. I assumed with all of NOP's success that Cam was forgotten on the sidelines. However, Levins said that Salazar wanted to help him get back into shape. He resumed training with NOP, but Nike wasn't going to renew his contract after 2016. If he wanted to find another sponsor, he was going to have to find another coach, because Salazar is employed by Nike to coach Nike athletes.

Cam left NOP on good terms and returned to



← **SPEED DEMONS:** Levins with Coolsaet, two of the three fastest Canadian marathoners of all time.



coach Houle, splitting his training between home in Portland—where he lives with his wife—and Cedar City, Utah, where Houle coaches at SUU. The timing to switch coaches was good because with Cam's debut in the marathon nearing, he wanted to return to what had brought him his initial success: big mileage. He slowly built back his mileage and started to re-incorporate running three times a day on occasion.

2017 was a struggle. He recorded solid performances (14:10, 5000m; 29:24, 10km), but they were well off of his PB's. His half marathon debut was scheduled for the Scotiabank Toronto Waterfront Marathon that October, but he had to withdraw with foot pain. He hadn't landed a sponsor and he wasn't showing signs of breaking records anytime soon. Many track fans had counted him out.

Fortunately, Hoka One One took a chance on Cam and he signed a contract at the start of 2018. His first race was the Houston Half Marathon in January, where he was hoping to qualify for the World Half Marathon Champs in Valencia, Spain. The morning of the race, Cam and I talked about our training. He was pleased with his

recent progress, but he was sick with a cold. Cam ran 1:05:00 and barely qualified for the World Champs, as Sami Jibril and Blair Morgan both finished six seconds behind him. Had Cam been seven seconds slower, Blair would have displaced him from the team.

I knew Cam was sick and had more to show than 1:05:00. But Cam didn't make any announcement that he was ill. (Whereas I had a poor showing in the same race because of illness and let everyone know.) He patiently waited for Valencia to let his running do the talking. A couple months later, he ran 1:02:15 and placed thirtieth at the World Champs. This result was a big step in the right direction and one that let the running community know something definitively: Cam Levins was back.

Not much more can be written about what Cam did at STWM in October 2018 when he ran 2:09:25 in his first marathon. In short, and in his own words: he took his career back that day.

A year before his marathon debut, most people had counted him out, he couldn't land a sponsor, he no longer had access to the best facilities in the world and he was no longer training with Olympic

↑ **ON TOP OF THE WORLD:** Levins at the 2018 Scotiabank Toronto Waterfront Marathon, having just set the Canadian record.

medalists. Cam Levins was primarily training alone, fueled solely by his own self-belief that big performances were in store for him down the road. That is what separates Cam from the rest—his belief in himself and staying the course are on another level.

It's something, according to the record books, like Canada has never seen.

"I think my potential is greater having gone through those hardships," he says. "Life probably would have been easier if I could go back and prevent them, but I'm definitely a better athlete and person now. I feel at peace with my past, and totally okay with however my career moves forward, as long as I've given the greatest effort possible. I certainly won't look back at my career questioning what might have been."

I'm looking forward to Cam's next marathon, and how he'll continue to write his story through Tokyo 2020, the next Olympic Games. 🐾

A SOFT PLACE TO LAND

With so many options, finding the right sneaker is hard. Highlighted are the shoes we're running in right now, from the track to the roads, long runs to racing, and zero drop to (seemingly) all the drop in the world.



Brooks
Glycerin 17

\$199.99

W 9.2 oz (260 g)

M 10.6 oz (300 g)

DROPOMETER 10 mm

The Brooks Glycerin 17 was among the softest lines of footwear we tested. If you're looking for a shoe that puts cushioning first (instead of, say, weight or energy return), consider the Brooks Glycerin. Still with DNA Loft cushioning that is intended to absorb much of the impact upon landing, expect less pop with every stride, but more forgiveness for your legs as the kilometres tick by. One update that I enjoyed was the revamped inner sock liner and soft upper mesh with great breathability.



Nike Vaporfly
4% Flyknit

\$330

7.7 oz (217 g)

DROPOMETER 10-12 mm

May be the largest jump in footwear innovation since Nike's waffle outsole. The Flyknit version of the 4%—essentially the 4% 2.0—is identical to the original with one exception: a knit upper, which offers an alternative feel. Nike's ZoomX cushioning and its carbon fibre plate remain the same, and runners continue to enjoy a ridiculously springy shoe—albeit with a limited lifespan. Are you looking to PB? The 4% can get you there.

First thing you notice is the unique tubular cushioning system. I also found that the rubber casing across the mid-upper provided additional support. Now, for the cushioning: the On Cloudswift provided a nice bounce to my stride and, fortunately, little to no debris made it into the grooves of the cushioning. On strikes a nice balance of responsiveness and cushioning here.



On
Cloudswift

\$189.99

W 8.5 oz (240 g)

M 10.2 oz (290 g)

DROPOMETER 7 mm

An enjoyable addition to the Reebok Floatride line, Forever Energy is a lightweight, versatile option. Like its name suggests, Reebok opts for responsiveness and energy return over cushioning with the Forever Floatride Energy—fast, fast, fast. And with an MSRP of \$130, the price is unbeatable: a simple upper, enough cushioning and plenty of bounce to keep you feeling fresh late into your runs.



Reebok Forever
Floatride Energy

\$130

W 7.7 oz (218 g)

M 9.3 oz (264 g)

DROPOMETER 10 mm



**Asics Gel-DS
Trainer 24**

\$159.99
W 7.1 oz (201 g)
M 8.7 oz (247 g)
DROPOMETER 8 mm

One of the few training shoes that have been around for more than two decades gets an update. Going with a flyknit upper, a step in the right direction, and a few updates to note: the 24 is a tad heavier (0.8 oz) than the 23 and offers a shallower drop (8 mm vs. 10 mm in the 23). It's a smart addition if you're looking for a shoe that can handle workouts with more stability (if you pronate) than a neutral lightweight trainer. Had me itching to go fast.

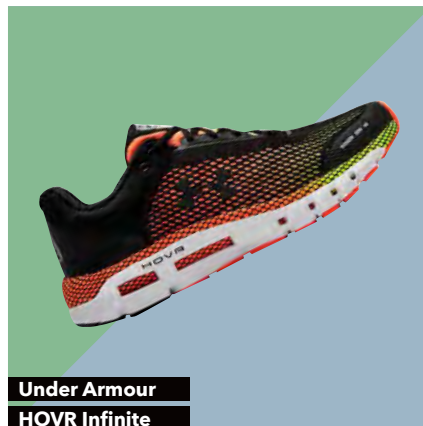


**Altra Escalante
1.5**

\$174.99
W 6.5 oz (184 g)
M 7.9 oz (224 g)
DROPOMETER 0 mm

Already wildly popular as a trail running brand, Altra's goes the distance with its road-specific Escalante 1.5. Altra's zero-drop design takes a few runs to get accustomed to, especially if you're used to 8-10 mm drops. I focused on being light on my feet; that said, I can see the zero-drop profile being tricky for heel strikers. With a wide toe box—great for those with wide feet—and a larger landing pad through the midfoot, the Escalante 1.5 felt stable.

A shockingly high-tech shoe given the price, the Under Armour HOVR Infinite has a built-in chip that tracks your stats through MapMyRun. HOVR, the cushioning system that UA has bet on, is featured in the Infinite, and the result is a pillowy soft feel. The HOVR Infinite is a premium shoe at an affordable price.



**Under Armour
HOVR Infinite**

\$150
W 8.8oz (249 g)
M 10.8 oz (306 g)
DROPOMETER 8 mm

A decoupled cushioning system (kind of like pockets of cushioning) split amongst the sections of your foot provides a super comfortable transition from impact to takeoff. We found the Predict RA to be one of Salomon's best ventures into the road running realm. On top, the upper is among the softest, we tested resulting in an overall great fit. Although a bit pricier, the Predict RA is a smart buy.



**Salomon
Predict RA**

\$200
W 7.7 oz (218 g)
M 9.1 oz (258 g)
DROPOMETER 8 mm



**Saucony Ride
ISO 2**

\$159.99
W 8.8 oz (249 g)
M 9.8 oz (278 g)
DROPOMETER 8 mm

Don't mess with perfection. That's the Saucony approach for the Ride ISO 2, with minor but smart updates, including in the upper. With an EVERUN and PWRFOAM midsole, the Ride ISO 2 is more durable than before, thanks to a new crystal rubber underfoot, borrowed from Saucony's Freedom. With a revamped tread design, Ride ISO 2 provides a nice transition from impact to takeoff. Bonus points for a new mesh upper and an improved heel counter that superbly locks down the foot. With more cushioning and durability, the Ride ISO 2 is built to go fast and long.



**New Balance
880v9**

\$164.99
W 8.9 oz (252 g)
M 10.8 oz (306 g)
DROPOMETER 10 mm

The New Balance 880v9 gets a refresh from v8 aesthetically more so than structurally. The upper is breathable and the inner sock-liner is extremely plush and soft for a snug and comfortable ride right out of the box, and after your 100th run. New colourways and sleeker lines make for an appealing shoe and the 880v9 is highly competitive at its price point. 🐾



GODSPEED

Pioneering Olympian and community leader Silvia Ruegger faces cancer with grace, running and an unrelenting faith

It was September 15, 2017, when doctors told Silvia Ruegger she couldn't run for three months. It was the minimum time advised for her body to recover after her surgery. A thoracic surgeon had spent seven and a half hours in the operating theatre removing cancer cells that lined the inside of her throat. A tumor, shrunk in recent months by radiation and chemotherapy, was taken out, as was her esophagus, the surgical treatment for esophageal cancer. In its place, her stomach. The expandable organ has the magical ability to take over the role and real estate of the esophagus. Understandably, she needed to rest to stave off infection, and heal.

So Ruegger, then 56, Olympian, retired long-distance runner and former Canadian marathon record-holder, followed the doctor's orders. Doing so had helped her manage injuries in college and competition years ago. She was not new to the long game. At age 14, she pledged to compete in the Olympics. In 1984, she did; competing in the first women's marathon in Los Angeles. And then, in 1985 at the age of 24, she ran the Houston Marathon in 2:28:36, shattering the previous record and holding the Canadian record for 28 years. Silvia Ruegger, icon—waited, rested and prayed.

But three months and a day later, Silvia pulled on her layers, strapped on her Adrenaline sneakers, rolled a balaclava gently over her face and went for a run. On that day in midtown Toronto it was negative six degrees Celsius.

"It was excruciating due to the impact of the surgery (and anatomical changes)," recalls Ruegger nearly 16 months later. "I had to walk-run for a while, but it reminded me of my days as a young athlete when I would interval train between telephone poles. And I was running again, which was a blessing."

Today she runs eight to ten kilometres, five times a week, outside, without music, and solo. But she's never truly alone. As Ruegger says, she's with her Lord and Savior, Jesus Christ.

Higher power

"Running is my faith walk with God," she explains. "My relationship with God influences every

moment of my life. In seasons of uncertainty, it has always anchored me. Through my running journey, it was what undergirded me and gave me strength—it has been the same through this health journey."

Silvia says she found salvation in the conviction that a benevolent and compassionate God would guide and protect her when she was a young girl growing up on a farm in Newtonville, Ontario. As a strong-willed child, her drive would manifest in 'doing whatever it took' to get what she wanted. At the age 14, an incident at grade school caused her to realize that she was acting like a bully. That sudden awareness left her reeling with guilt and shame.

"I was devastated by the impact my behaviour had on others," recalls Silvia. "I recognized the need of being saved from myself and I remembered the wonderful invitation to receive the unconditional love and forgiveness offered through Jesus Christ. In His great love, God heard me, forgave me and invited me into a wonderful relationship with Him that changed me."

It was around that same time that Silvia's dream to become an Olympian was seeded. She credits her God for ensuring the right support systems—like her family and coaches—were around to support her audacious dream.

"My relationship with God was what gave me the courage to begin, and keep going."

"Mother Teresa"

After her eighth-place finish at the 1984 Olympics in Los Angeles, the year the women's marathon debuted, and winning the 1985 Houston Marathon, Silvia officially retired from long distance running in 1996. In addition to a full-time job at Brooks, she turned her energies toward children from low-resource neighbourhoods by creating literacy and running programs in Ontario and then across the country. "Physical activity enhances learning, memory and clarity of thought," Ruegger told the *National Post* in 2012. "It's a pathway of hope. Let's tell these children that we believe in them, and that they've got what it takes."

Her interest in helping children marginalized by poverty started early. Luciano Del Monte, a runner and a former pastor at the University of

Guelph, developed a friendship with the young varsity runner when she joined his non-denominational faith congregation on campus. Over the years, Del Monte observed Ruegger's faith in action both on the track and in the community, including her devoting years to the mentorship and sponsorship of young athletes and students, including Del Monte's three sons, who refer to her as Aunt Silvia.

"Although Silvia has lived as a single person her whole adult life, she is a person who is a close friend to many. And even though she can appear to be a lone ranger, she actually works hard at being interdependent with people," adds Del Monte, who along with his wife, thinks of Ruegger as the protestant version of Mother Teresa.

As Ruegger navigates life after a cancer diagnosis, Del Monte sees the same grace and discipline she exhibited all through her running and charity.

"Silvia availed herself of everything medicine had to provide, but she also knew that her faith would be what would carry her through, and although she did her part, she also had an unshakable trust that her God would heal her. At times we found her faith overwhelming because it caused us to wonder about our own lack of it," says Del Monte.

Nancy Ralph, a friend for over 30 years, has also witnessed Ruegger's unrelenting faith.

"All of the disciplines she developed as a runner serve her as a cancer survivor. Everything in her life before that diagnosis prepared her for the battle that she has waged against this cancer," says Ralph. "She has been utterly convinced that God would eradicate cancer from her body and she was equally determined to do her part in the marathon of recovery. Hand in hand with Silvia and her medical team, God has been enthroned above this furious flood."

Surviving the times

"Navigating angry waters" is a poetic way to describe Ruegger's recovery after surgery. With a six-inch scar on her throat and a 16-inch scar on her side body, Ruegger spent 10 days in hospital; her three siblings, close family and friends by her side. She then moved into the family home of another lifelong friend, Linda Gamble, for six weeks until she could live on her own.

Linda remembers Silvia then, in so much pain. She could not lie down flat, and had tubes to help



“
I know
I am loved.
I trust Him and
His perfect
love. There
is no room
for fear.”



↑ **GAME CHANGER:** The athlete coming into Los Angeles's Olympic Stadium at the 1984 Olympic Games women's marathon, the first time women were allowed to compete; Ruegger in the summer of 1980 at the Pan Am Junior Games.

her eat and drink. She barely slept more than one hour at a time.

"Though I have always known how important Silvia's 'quiet' worship time with Jesus is each morning, nothing prepared me for the fact that she set her alarm for 3:30 a.m. to not miss an extended period of singing hymns, reading her well-worn Bible. She would sit facing the window looking outside for the first ray of morning light," says Gamble, who recalls Ruegger's recovery period in her home as some of the richest times her family experienced.

"Silvia has taught me volumes during her cancer journey. Along with my family, she is the one I want to turn to with pain, or delightful news. We end up laughing, crying, and praying through all of these."

We carry on

When Ruegger's cancer cells reappeared late last year and she returned to the hospital for radiation, her faith never wavered. Ruegger's scrappy 14-year-old lives on today with her fierceness guided by faith. She says her cancer has brought her closer to God than ever before.

"I know I am loved. I trust Him and His perfect love. There is no room for fear," Ruegger shared recently at a Toronto cafe, decked out in a black leather jacket, her dark hair pulled back, the scar on her throat barely visible. Ruegger spoke at length of her joy of worship and the importance of prayer. Dozens of her friends—"men and women of great faith"—joined her in prayer vigils before and after her surgery, and continue to pray for Silvia every day, which means so much to her.

Ruegger's large green eyes tear up as she shared one of her favourite Bible verses.

"I press on," toward the goal for the prize of the high calling of God in Christ Jesus. (World English Bible, Philippians 3:14.)

"'I press on,' says Ruegger, as she emulates running, her arms swinging at her side. "Those words take me back to the Los Angeles Olympics in '84. We were still ways away from the final miles, but we could see the stadium in the distance. I fixed my eyes on it and kept on pressing.

"And it's the same today. I have fixed my eyes on Jesus Christ, and because of that, I won't be deterred by any obstacle or hindrance. I'm not alone. There's only love."

To which, we can all say, amen. 🐾

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NEW DNA FOR THE OASIS INTERNATIONAL MARATHON DE MONTREAL

How the Rock 'n' Roll Marathon Series Leaned in on Montréal, Quebec

There's no ambience in the world quite like Montréal, and this year, the Oasis International Marathon de Montréal has made the most of their backyard. Urban, international, metropolitan and quintessentially Quebecois, the Oasis International Marathon de Montréal is pulling out all the stops as it revamps its identity—cementing its place as the most electric party in the country.

"It's a new rebirth of the marathon and to have it visit as many boroughs as we race through, with a different feeling in each surrounding, it's a way to welcome the whole world to the best of Montréal," says Dominique Piché, race director, who's also RD of the popular Mont-Tremblant IRONMAN events. "Races like London, Berlin and Chicago take you into the heart of metropolitan cities like Montréal, and my goal is to build this race to the point where it's one of the bucket-list marathons in the world."

Already, the race has moved profoundly in the right direction since Piché took the reins. Elite racers are welcomed back to the competition and it's now routine to see runners finish sub-2:12. Montréal has a rich sporting history, of course, hosting the 1976 Olympic Games, and there's a nod to that heritage on the recently-refitted

course. "For the first time, runners will be able to run through Olympic Stadium. You run through that building and your heart stops; it's where the Expos used to play, and your heart skips a beat," says Piché, adding that Montréal's infamous construction has turned into a race director's advantage: he's compelled to change his course every year in order to oblige the cranes.

"We're pushing the limits," he says, and stresses the fact that the race still finishes along Sainte-Catherine Street and ends at the Quartier des spectacles with wonderful cultural events. It's an experience you won't find anywhere else. "I want people to come and have a taste of our gastronomy and our Montréal diversity and sample our atmosphere," he says, adding that another key element of the Oasis International Marathon de Montréal is how the start and finish line are both enclosed.

The new DNA starts and finishes are much more family-friendly at René-Lévesque Boulevard, with multiple indoor restaurants and space for thousands of people at the start line to escape from the rain, or the heat, or the cold. There's a 5K, 10K and children's run on Saturday, September 21, and the half marathon and marathon begin Sunday morning, September 22, at 7:10 a.m. Participants over 12 years old in any event receive a free pass to the metro, and since runners take over the closed-down Montréal thoroughfares, it's advised that everyone leaves their cars at home. The idea is to maximize public transit and run an eco-responsible race.

"We have a very strict eco-responsible policy—no plastic water bottles at any aid stations, and we feel like with the abundance of convenient public transit, nobody needs to drive," says Piché.

On Sunday morning, the event starts with fireworks. Fireworks, after all, are what runners can expect at the exciting new Oasis International Marathon de Montréal 2019.

"We're bringing new DNA to the marathon and taking the race back to its unique French cultural history and the heart of this marathon," he says. "It's a family running weekend in the heart of Montréal."

For more information on the Oasis International Marathon de Montréal, see www.runrocknroll.com/montreal.

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Hosted by a tight-knit community that is driven by a passion for the great outdoors, the Demi Marathon Mont Tremblant is the crown jewel of the Mont Tremblant, Quebec summer.

It's more than just another event on a race calendar. It's a celebration of running, of community and the joy of movement. And this year, there is even more to celebrate. On August 11th, the Demi Marathon Mont Tremblant marks its tenth anniversary and hosts the coveted Quebec Provincial Championship for the 21.1K road race distance.

For many, like J.F. Duquette, the race is a summer rite of passage. J.F. ran his first 5K at the event back in 2012. After 15 years of smoking, J.F.'s lungs seared with each kilometre as he pushed to that first finish line.

However, like many obstacles he overcame in life, J.F. conquered that first race. And with the ash from that last cigarette crushed underfoot, a fire was lit and running became a passion that forever changed his life. Now a well-known endurance athlete, he's tackled 50K and 100K events—and found his heart and soul on the run.

J.F. will take on the ultramarathon Pandora 24 in July, the 125K Ultra-Trail Harricana in September, and in between will return to Mont Tremblant in August. "No matter what race is on

my calendar, the Demi Marathon Mont Tremblant is my touch stone each summer—it's my community, my passion, a reminder of why I love to run," J.F. tells us.

Again this year, J.F. will run the 21.1K with nothing but warm air between the course and the soles of his feet. "I run this event barefoot to reconnect with Tremblant, with the earth, and with my soul," says J.F.

And soul is what this event is about—the soul of a community that supports the event unconditionally, as everyone in town either runs, cheers or volunteers.

"Join me on race day for the 21.1K," invites J.F. "We'll breathe fresh air atop the Tremblant resort, wind our way through the back roads of the village and end with a final sprint down the main street to the finish line in front of City Hall. The Demi Marathon Mont Tremblant is not flat, it's just 21.1K of awesome, and it's my bucket-list run of the summer."

Register for the Demi Marathon Mont Tremblant at www.demimarathontremblant.com before May 31st to receive the Awesome Athlete Gift Pack on race day. You can catch up with J.F. Duquette at www.soulpeaks.ca



10 REASONS TO ROCK QUEBEC

There's so many reasons to lace up in Quebec's picturesque capital city. Last year's all-new SSQ Insurance Quebec City Marathon, a healthy invitation from Brunet, was a runaway success, winding its way through the city to take in many of its most stunning tourist attractions. If you're not already salivating at the thought of pounding the pavement in Quebec City this October 11–13, read our 10 reasons why you can't miss your chance to run the SSQ Insurance Quebec City Marathon.

10. Because you can run your way around Quebec City's finest attractions. Imagine seeing the majestic Château Frontenac, Place Royale and Plains of Abraham, not to mention the Old Port, the fortified city walls, Parliament buildings and much more, all jam-packed into one run.

9. Because the Quebec scenery in fall is to die for. Quebec City is famous for its wide-open green spaces. When all that foliage turns brilliant hues of red, orange and yellow, it makes the spectacular scenery even more magical.

8. Because it's a great opportunity to enjoy a weekend away with the family. The SSQ Health 5K and 2K Kids' Race on Saturday October 12 are perfect for grandparents, parents and kids keen to lace up their running shoes together.

7. Because you could qualify for Boston. Because the SSQ Insurance Quebec City Marathon is accredited by the Association of International Marathons and Road Races (AIMS), times achieved qualify for the Boston Marathon.

6. Because there's nothing quite like live music and cheering crowds. Our crowds turn out in every neighbourhood to cheer the

competitors on. And with around thirty music and motivation stations dotted around the course, there's plenty to keep spectators entertained, and motivated to keep running!

5. Because the fall weather is perfect for long-distance runs. The average October temperature in Quebec City is about 15 degrees Celsius, and that's every serious runner's favourite forecast.

4. Because SSQ Fit+Yoga is a great way to destress before your race. The SSQ Fit+Yoga session on Friday, October 11, allows runners to destress before the big day. This fitness session followed by a 30-minute Vinyasa flow is perfect for runners looking to roll out their mats at the heart of downtown. Also, live DJ, free drinks and more sweet surprises!

3. Because it's a rewarding challenge! The SSQ Insurance Quebec City Marathon course delivers a mental and physical challenge and lots of runners ran a new personal best here last year. Will you be next?

2. Because when else will you get the chance to run right through the middle of a UNESCO World Heritage site? Quebec City is the only North American city to have preserved its ramparts, and this history has earned historic Quebec City designation as a UNESCO World Heritage site.

1. Because Quebecers extend a warm welcome. Quebecers are a welcoming, friendly bunch. Imagine thousands of locals lining the streets to cheer you on... it can be quite the adrenaline rush!

What do you say, have we convinced you to sign up for a piece of the action this October 11–13? With five distances on offer, there's a race for everyone at the SSQ Insurance Quebec City Marathon. Choose your race today and don't forget to pack your running shoes!

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Where the Sidewalk Ends

Here's how an extraordinary winter race in Northern Quebec helps provide strength to children recovering from cancer



Racing 32 kilometres across a frozen lake in the middle of February in northern Quebec is next-level winter running. I'm saying this as someone who grew up running in a northern community where -30C temperature was the norm from January until early April. Even still, I opted for the 10K, not the 32K, but I saw those who did run from start to finish, and it looked like it was an epic (albeit icy) adventure.

It's all part of the Cryo Races, an event that challenges runners with the unique opportunity to race across Lake St. Jean at sunset, illuminated by headlamps. Running on groomed trails, participants face the psychological and physiological challenges that come from running in the middle of a sea of ice. As the inaugural year for the Cryo Races (a pilot event was held last year), some 50-plus participants embarked on the 32K race.

In order to brave the cold, harsh conditions, a mandatory minimum fundraising component is in place for every runner—\$1,000 for 32K and \$500 for 10K—and it's a challenge that creates a connection between the runners participating, their networks and the program. As runners gear up for the challenge of running a winter event, they have in mind the added reward of having supported youth with cancer as they navigate the wilderness as part of the Tip of the Toes therapeutic adventure program. Needless to say, costs associated with taking kids fighting cancer on canoeing and camping adventures is significant, including the cost of transportation and medical staff not normally required for most outdoor adventure programs. It's a great race, and a great chance to do good.

When you meet Jean-Charles Fortin, the general manager of Tip of the Toes, a foundation that uses outdoor adventure as a vehicle for building self-confidence among young cancer survivors, you get the sense he's an outdoorsman.

Fortin began working with the organization as a volunteer on canoe and hiking expeditions. Fast forward several years later, and as the organization's GM, Fortin now spends much of his time building community awareness and engagement, along with driving fundraising efforts including the Cryo Races.

Through the Tip of the Toes programs, kids are given the chance to feel like everyone else, rebuild their self-confidence and push past the mental and physical boundaries that, like everything else, is so threatened by cancer. In a similar way, the benefits of running, including the mental and physical training required for anyone embarking on a winter race, is significant. Watching the 32K runners head onto Lake St. Jean, running into the setting sun, you realize how deep each participant will have to dig in order to complete their race. It's grueling, and I imagine some participants are thinking of the kids who have already faced significant obstacles, far more challenging and life-changing than snow and ice.

I've run marathons, trained outdoors in January and run half marathons on ice-covered streets, so I felt like I should've been tackling the 32K. But about two kilometres into that ten kilometre race, with the wind on my back and my feet trudged across the snow-packed trails heading towards a tiny island situated five kilometres in the middle of the frozen lake, I

↑ **Frozen:** Racers brave the cold at Quebec's most unusual, and rewarding, event.

knew I made the safe choice. A privately owned island in the middle of the lake marks the five-kilometre turnabout, where the owners offer cups of hot broth instead of the usual sports recovery drinks.

After navigating over the icy trails, with unremitting winds from all directions, this is a welcome slurp. Heading back out onto the lake, knowing this is the same one that many youth will canoe across in the summer, I'm thinking back to my earlier conversation with Jean-Charles, and how he described the camaraderie among the kids during that first expedition when he volunteered. They were able to share with one another, in a way they hadn't with their friends, parents or siblings. Although their individual experiences with cancer are different, on many levels, each one understood what the other had been through.

Running is an individual sport. But when you're running any race, the connection among runners of all abilities is undeniable. When you're racing for a common cause, that connection is even stronger, so much so that one could say it keeps the fire within you ignited, on even the coldest of race days. As I'm approaching the final kilometres of the race, I hear a familiar crackle that's more than the bonfires that line the course. The night sky has come alive with fireworks, signifying the arrival of the first finishers of the 32K race. It is an exciting and energizing culmination to an event that gives back to runners as much as it gives to others, like me. 🐾

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THESE ARE A FEW OF MY FAVOURITE THINGS

Being a Registered Dietitian for as long as I've been running marathons has definitely been advantageous. Gels and sports drinks aside, the key to my success and longevity is the consistency in choosing and enjoying nourishing foods for flavour, fuel and recovery.

SPINACH

Everyone knows that spinach is good for them. It was the superfood for years, made popular by Popeye for giving him power and strength. Kale is another excellent green leafy vegetable, as it's also loaded with nutrients, but personally, when raw, I find it a bit bitter and it doesn't break down, so you end up chewing—instead of drinking—your smoothie.

I like it in my wraps with tuna, salmon or egg, or at dinner as a

side salad with meat or poultry and roasted vegetables.

OATMEAL

Countless runners remember growing up with oatmeal as their breakfast staple. While we typically had cold cereal for breakfast, it was likely later in my early adult years that I fell in love with this hearty and comforting way to start my day. If there's one thing that can be said about oatmeal, it's that it sticks with you.

I like it warm at breakfast mixed with berries, chia, hemp, flax and peanut butter. My favourite is Stoked Oats Stone Age Oats, and it's also great cold and on-the-go as overnight oats with Greek yogurt, milk and berries.

MILK

I could write forever about the benefits of milk and how it can be consumed in our diet. It's an excellent way to increase the nutrient value in so many recipes, such as soups, baking, smoothies, french toast, pudding, overnight oats and homemade macaroni and cheese. And let's not forget about eggnog and lattes!

I have one cup at lunch and dinner, milk in my coffee and mixed with chocolate eLoad recovery drink for post-workout or long runs.

EGGS

Scrambled, boiled, omelette, French toast, frittata, pancakes, waffles, quiche, crepes, cookies, pad thai, souffle, muffins, meatloaf and meatballs—anywhere I can add them! Eggs are one of the most nutritious foods, and they're amongst the quickest and easiest to make.

I like them in a whole-grain wrap with tomatoes, onion, mayo and swiss cheese, beside a large side of vegetables for lunch.

ROASTED VEGETABLES

Tossed with olive oil, balsamic vinegar, garlic, salt and pepper onto a big baking sheet, I love roasted vegetables. You will often find my selection to include sweet potatoes, brussels sprouts, broccoli, carrots, mushroom, onion, cauliflower, purple cabbage and beets. The taste—and colour—is wonderful.

PEANUT BUTTER

I distinctly remember one school year when I had a peanut butter sandwich—every. single. day. When I spent a month training at altitude in Kenya, one of the few food items I packed was peanut butter. I had to ration my jar to last my stay.

Need a quick dessert? With beaters, mix 1 cup peanut butter with 1 L ice cream and add to a graham cracker pie crust before putting back in the freezer before serving.

I like it best on multigrain sour-dough toast with sliced banana or peaches; plus, it pairs well with dark chocolate for a treat.

GREEK YOGURT

When added to a smoothie or overnight oats, Greek yogurt is one of the best ways to include protein in your breakfast, something that many fail to do. I prefer plain so that I can use it in other recipes and as a substitute for sour cream, but vanilla is a great option for desserts like trifle, coffee cake, cupcakes and squares.

Lastly, it's pretty as a dollop on soup, stews and chili, and with a generous amount of lemon juice and garlic makes for a scrumptious tzatziki. I like it at breakfast, added to my smoothie with spinach, avocado, whey protein isolate, frozen fruit, apple cider vinegar, ginger and turmeric.




Krista DuChene, Olympian, holds the third-fastest female Canadian marathon time. A registered dietitian, her website is KristaDuchene.com.


TUNA

Need a quick, healthy protein that you can fit in your purse or bag when travelling or at the office? Tuna is your answer. There are many wonderful flavours from which to choose and it can save you from being hangry or stopping for takeout. I always keep several small tuna cans in my van. The downfall is the less than desirable smell that your passengers have to tolerate. But that's better than being hangry, right?


APPLES

 It doesn't get any easier than this. And we know what one day will do. My favourite is Gala, but the rest of my family likes Delicious and Granny Smith. So we often keep all three in the fridge. I like them with a handful of mixed nuts (almonds, peanuts, walnuts, pecans) as my go-to afternoon snack.

COTTAGE CHEESE

 When I'm in a marathon build, cottage cheese is my favourite bedtime snack when matched with peanut butter on rice cakes. It gives me the protein I need to help muscles recover overnight. Sometimes I'll have it as a snack mixed with fruit, oats, nuts and bran buds.

BEANS

My mom's bean salad is a family favourite, which is now my most popular contribution to potluck meals. Rinse a can of mixed beans and combine with a can of green or yellow beans, chopped onion and bell peppers. Stir in the dressing, which is made of equal parts of oil, sugar and vinegar. Black beans or lentils can be added to cooked ground poultry or meat for pasta sauces, burritos and tacos, while yellow or green string beans are especially tasty when fresh but equally as nutritious from a can. 

Ravi Singh follows
Krista DuChene's
recommendations
for food choices
and eats well

TRUST YOUR GUT

When you run, running informs many of your decisions. You might decline a Saturday night out because of the impending Sunday long run. Your next vacation destination is likely to be tied to a race. If you want to run well and run with longevity, the fact that you run should also inform what you eat.

Canadian runners have a good starting point and resource in our very own Krista DuChene. We've witnessed her incredible longevity and world class performances and know that both are backed by her qualifications as a Registered Dietitian (RD). Krista's achievements are a testament to that fact that what we do when we're not running is as crucial to our success as the miles we log.

When we asked Krista to tell us her nutritional secrets, the biggest takeaway was that there are really no secrets.

A few things stand out about the staples of Krista's diet. The first is the simplicity. Krista relies on a few basic items that she consumes regularly and which are in line with her expertise as a dietitian. The items are also versatile, making them compatible with a packed training schedule and daily life. Every item on Krista's list of favourite things can be found at just about any grocery store.

Krista's diet doesn't have a name or branding behind it and it's not

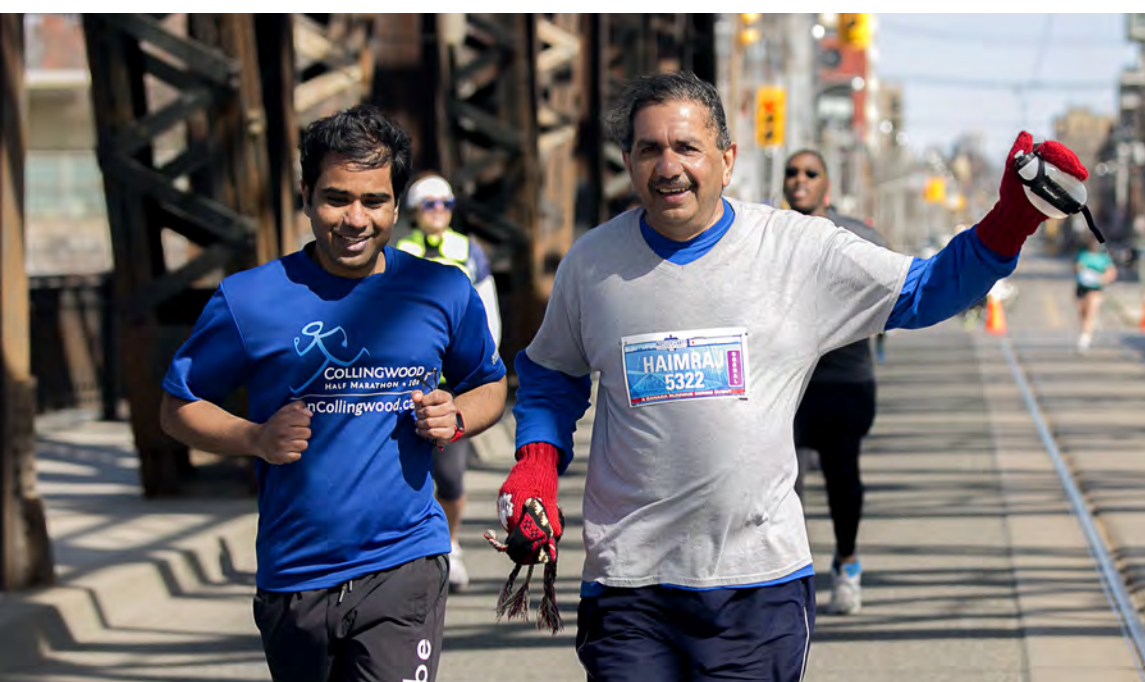
something that she can package and sell as a lifestyle. Indeed, Krista's favourites are nutrient dense and reflect a healthy balance between carbohydrates, protein and fats. Everything supports fuelling or recovery in some way and can be easily implemented in a way that's delicious.

"What Krista did right is know her own body and act as her own nutritionist, which every athlete has to do," explains fellow RD Dr. Beth Mansfield. "We're all human and made of the same things, but we have variations when it comes to the food and beverages that we can tolerate. People are habitual, so we don't always need a huge variety, but things we can tolerate."

An understanding of self is critical. What are you fuelling for? Results or fitness? What are your sensitivities and allergies?

Dr. Mansfield also encourages athletes to use different resources, like *The Athlete's Plate*, so that your goals inform your choices. According to Dr. Mansfield, "The Athlete's Plate gives you insight into how you can proportion your meal on different days of training. You can see where your focus needs to be without over-consuming. Your goal is to fuel so that you can exercise, and the reward for that is better health and feeling great, not to exercise so you can eat."

↓ **Eat and run:** Krista DuChene at the 2019 Boston Marathon and Ravi Singh, with his father, at the Toronto Yonge St. 10K. Both racers are smart about food.



Like Krista, I've had to learn what works for me and what will allow me to handle my training load without my body getting hurt or breaking down. I'm a fan of spinach and love that I can cram it into my smoothie. It blends well and it doesn't overpower the tastier ingredients, like berries or bananas.

"If I were stranded on an island, milk would be one of the items I'd

choose to help me survive," Krista says. I, myself, have come to rely on dairy in a big way. Krista loves it and it's also a sound nutritional choice.

Krista's friend, fellow athlete and RD, and trusted source for sports nutrition advice, Megan Kuikman, believes dairy is a great choice for athletes when the option is available. Kuikman says, "The proteins found in milk are casein and whey.

Whey protein has the highest biological value of any protein. This means that it's highly usable by the body. Whey protein is also a rich source of the branched chain amino acid leucine. Leucine plays a key role in initiating muscle building."

Kuikman adds, "Dairy products best allow us to meet calcium requirements, which is important for maintaining strong bones

and preventing osteoporosis. For athletes, this helps to prevent stress fractures. Calcium also plays an important role in muscle contraction, nerve conduction and normal blood clotting."

One of my recent favourites, which I think would make Krista proud, is warming up a cup of milk in the morning to enjoy with my homemade quinoa granola. (Google "Peanut Butter-Banana Quinoa Granola" from Simply Quinoa.) In addition to its nutritional value, it keeps me full well into late morning, which in turn helps fight the urge to snack needlessly. I'll usually garnish that with a handful of berries.

During the winter, when my long runs produced a craving for something that would warm me up, my recovery drink of choice was warm milk blended with turmeric, ginger, cinnamon, maple syrup and a banana. It's decadent and delicious and boasts a sweet combination of recovery and anti-inflammation. It's also super easy to make and would probably cost me \$86 at a fancy coffee shop.

The other beauty of Krista's diet is that the basic principles behind it can be realized in different ways. Dr. Mansfield says that RD's are a great source of information and advice, but ultimately, "It's up to the athlete to put things into practice and see what works best for them in terms of their gut, personal taste preferences, costs and time constraints."

Milk and eggs remain a big part of my diet, as does the great love of my life—bread! These have all been staples of my diet for the seven years I've been running, and I'm proud to say that I'm healthier and stronger than I've ever been and still chasing PBs. These are the things that work for me. Some of these foods might be listed as red flags on some fad diets, but I trust the results and, most importantly, I trust my gut. 🐣

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Native son

Having Nuun on the course at the Ottawa Marathon is personal for its CEO Kevin Rutherford. His thirst is to hydrate globally—and always make his country proud.

Seattle is an American city brimming with disruptive companies changing the world. It has more cranes dotting its skyline than New York, Chicago or Silicon Valley and, thanks to Amazon, Starbucks and Microsoft, this city by the Pacific has changed the everyday fabric of how we live. Here, beside T-Mobile Park where the Mariners play, sits the headquarters of Nuun, a 15-year-old hydration company that this year replaced Gatorade at all eight Canada Running Series events. Replete with the kind of tech startup funkiness that breeds new ideas—a fresh fruit breakfast bar, indoor bike rack, dogs that roam free to late-90s rap—it's here that Ottawa-raised Nuun CEO Kevin Rutherford believes that there's no ceiling on what his company can achieve. "We all believe in the fundamental power of movement," says Rutherford, vegan and 47, baby-faced and intense, a veteran of ten half Ironmans and five marathons, during a candid and wide-ranging series of interviews at his headquarters last month.





↑ **A FAMILY AFFAIR:** The team gathers at the Nuun headquarters in Seattle.



"We believe in taking care of the planet, taking care of people—clean product, clean planet, clean sport—and helping as many athletes as possible live as well as all of us possibly can."

When Rutherford started at Nuun, the beverage company had a formula that was much different from what it is now. Back then, it veered closer to what competitors like Powerade and Gatorade use to flavour their drinks: artificial sweeteners. But Rutherford's first order of business was writing down his company's set of beliefs. If they truly wanted to be an all-natural, healthful alternative, certain decisions, like not being sold in single-use bottles and not going to market with artificial dyes, became clear. "We had to define what we are and fully commit—I was hard and fast about that—and be willing to accept whatever consequences that entails," he says. "People are afraid of change, but we had to be cleaner—I wouldn't let us be prisoners of what came before, and that turned into our great advantage."

Rutherford's advantage was both prescient and prosperous and his tenure at the company has been kilometre after kilometre of unparalleled success. This month, Nuun launches Immunity and Rest, two new categories designed to fuel different hydration needs. Athletes' immune systems suffer at the height of their training and we know sleep is essential for recovery, and so Nuun brings new product to market. For Rutherford, it's about anticipating consumers' needs.

"We are the consumers and we know what's right and we go there—it's offense, not defense, because we know, as athletes, what we need,"

Rutherford says. "If we were a \$4-billion company, we couldn't change. Look at David and Goliath. David has the advantage! For us, we don't have that risk—we see what's right, so let's go."

With over US\$30-million in 2018, Nuun is profitable, introducing new product, and has grown over 300% in the past six years. It can be a \$100-million company, Rutherford proclaims, and while *Outside* magazine names his company one of the best places to work and Inc calls Nuun one of the best privately held companies in the US, Rutherford insists his corporate culture remains dynamic and supportive. In fact, it's their secret recipe.

"Our single biggest competitive advantage is our culture, our people," says Rutherford, and he's quick to deflect attention from his own work and shine a light on his company's 70 employees. (They're in the midst of hiring more people on the days we're in town and Rutherford had to be convinced to appear on our cover.)

"We've had highs and lows in the course of changing our product, but Kevin's always been steady, always been supportive and never backed down," says Vishal Patel, Nuun's director of product development. Patel is a trail ultra-runner who worked closest with Rutherford as they iterated their recipe, then kept iterating it, in order to create today's all-natural, non-GMO, gluten-free, vegan version of what they call Nuun 3.0. "He's passionate and a great motivator and he leads by example. In this hockey phrase I'm sure I'm butchering, he always says (because he's Canadian): don't go where the puck is, go where the puck will be."

The puck has been going into nets for Rutherford since Nuun first started selling at Whole Foods Market, a deal the CEO personally helped broker with his mix of pluck, belief in his product and facts. He cornered their buyer at Expo West—he got through the door through a contact he had in his previous gig—and convinced her their synergy matched. It was the first in a long set of



"What's the purpose of our business? We're in the business of getting people to move."



↑ **WORKING AND WORKING OUT:** At Nuun, staff drop what they're doing once a day for plank challenges; they're currently building a gym in their office.

steps that would establish Nuun over Gatorade as the changing of the guard.

John Halvorsen, race director of the Ottawa Marathon, was Canada's first RD to put Nuun on course. Even though Rutherford went to a rival Ottawa high school—Kevin went to Bell High School, Halvorsen went to Sir Robert Borden, both in Nepean—John trusted Kevin, and knew his product was good.

"We were looking for a Gatorade alternative—Gatorade to me is not a sports drink, it's sugar water," says Halvorsen, who had his mettle tested with Nuun as it made its debut on course in 2016, the year of the Great Heat Wave. "I analyzed the product for electrolyte content and it was much better for our runners," Halvorsen says. "In fact, our medical incidents at the finish have dropped quite significantly, which I attribute in part to Nuun."

Driving around Seattle in Rutherford's 2005 Pathfinder, the CEO leaves almost no topic off the table. He's attentive and unscripted, and when he talks about his connection to his country, he's emotional: Rutherford is authentic, the bond he feels with his home is real.

"In the first three years Nuun was on-course, my dad and mom were at the finish to cheer me on," he says. "What many don't know is that my dad used every ounce of mental toughness and energy to see me one more time pursue the Ottawa finish line, as months later, he passed away following a long and hard fought battle with cancer. The lessons and values I'm grounded on like 'be an energy-giver, help others, and never give up,' which we call 'Canadian Heart,' were instilled in

me right here in Ottawa. Perhaps this is why I have such pride when I see Nuun at MEC or the Running Room. I'm proud of my Canadian values. For me, it will always be home."

Part of Rutherford's and Nuun's shared values, along with clean sport and protecting the planet, is levelling the playing field around equality for women. Nuun has long been a booster of women athletes—of their 5,000 ambassadors, 70% are female. Arielle Knutson leads Nuun's initiatives around women in sport and says that the company, which sponsors Canadians like Olympian Natasha Wodak and Canadian marathon record-holder Rachel Cliff, is fighting the right fights.

"Nuun's Clean Sport initiative is all about levelling the playing field and striving to provide equal opportunity. Our brand resonates strongly with women and we're leveraging that strength to inspire change," says Knutson, adding that sponsorships of teams like Smashfest Queen, the only elite-level, all-female team of triathletes, helps level the financial playing field. In addition, it's not just fast times that Nuun looks at for their athletes.

"Many of these women volunteer in their communities or host podcasts with something to say," adds Knutson, herself a multiple triathlete and Boston finisher. "We want women to have the resources they need to be successful."

Success, for Rutherford, isn't measured solely in numbers. Of course he wants his company to be profitable, he wants to grow his business and see Nuun dot the skyline like Starbucks, Microsoft and Amazon, his neighbours changing the world. He wants to hydrate as many people as possible.

This is obvious. But when he was between jobs, when Mrs. Meyer's Clean Day wanted to go in another direction and he was recalibrating in 2013, Rutherford had a vision: he could consult on a variety of projects, but what he really wanted to do was effect positive change. He had two job offers in hand when the Nuun board of directors gave him a call. He was living in Minneapolis, but sensed something brewing in the Pacific Northwest. He took a trip to Seattle and believed in what he saw. And so he leaned in on the company's potential. If they were going to represent clean sport, they would go all the way. He would lead an impassioned team, and so he began tweaking the formulas. First, he moved the CEO's office from the back corner into the bullpen. Then he (strongly) suggested everyone work, like he does, at least one customer-facing event. Last month at the Boston Marathon, he handed out Nuun. At Nuun, he would lead something bigger than himself, bigger than his country—he would impact the world.

"I felt empty when I wasn't part of anything bigger. What's the purpose of our business? We're in the business of getting people to move, which gets them healthy," he says, at the end of a long day, drinking a stout near his home a kilometre away from where he runs in the trails. "People are afraid of change, but once we got going—once we had our beliefs in place—our team responded with a passion that's been responsible for us creating something better than any of us could've done on our own. That, I think, is what I've helped build at Nuun." 🐾



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↓ **SEASONS OF CHANGE:** Mark Sutcliffe hits the streets in every manner of weather near his home in Ottawa.



A TALE OF TWO CITIES

The conditions transform our environment, making for entirely new adventures without ever leaving home

Having resided for my entire life in the city of my birth, I yearn to spread my wings. My dream is to live somewhere else, at least for part of the year, to experience different ways of life, to explore. But now I realize that every year I live in two different cities without ever having to travel between them. I sleep in the same bed all year round, but I wake up in a wildly different place, depending on the month.

From November to March—and sometimes April—I inhabit the cold, unfriendly, desolate north. I run hundreds of kilometres in one square metre, bouncing up and down as the artificial ground whips by underneath me. I occasionally

bundle up and venture outdoors, my gait encumbered by layers of clothing, my routes limited to a few monotonous and very familiar loops. The city is bleak, the roads are narrow, and the uneven sidewalks deserted. It reminds me of how Russia is depicted in the movies, shot through a filter that mutes all the colours.

Suddenly in April, without travelling a single kilometre, I am transported to an entirely different place. Here the sun shines, the flowers bloom, the grass grows. Here the residents linger outdoors, stopping to talk to neighbours, lifting their heads to the skies, throwing baseballs and Frisbees and hitting tennis balls. Here the neighbourhood

streets are wide and welcoming. Two vehicles can pass each other without one pausing behind a parked car. Here there are dozens of recreational paths I can choose from, along rivers and canals.

In Canada, our two solitudes are not just linguistic and cultural, but meteorological. Our binary climate dispatches each season in an instant. One fall day, you pull on a pair of tights for a cold morning run, and suddenly your stack of shorts goes untouched for an eternity. Six months later, you go from wearing a winter jacket to no coat in a fortnight. You dodge snow and ice on a shaded stretch of path one day; the next day it's gone. The treadmill in your basement begins to gather dust.

In *East of Eden*, John Steinbeck wrote of the cycle of feast and famine in California's Salinas Valley: "And it never failed that during the dry years the people forgot about the rich years, and during the wet years they lost all memory of the dry years. It was always that way." Such is the cycle of running in Canada. In the depths of winter, the summers seem like holidays from a distant past. Did I really used to complain about the heat and time my runs to avoid the humidity? During the long days of summer, it seems unfathomable that we once felt numbness in our fingers and toes. Is it truly possible to shiver while doing hill workouts?

The first few spring runs are glorious. You are liberated from winter's oppressive regime. You reemerge from your basement prison, with its torturous forced-labour machine, you shed the shackles of gloves and extra layers, and lore asdin apsdnu embrace the clear, dry pavement. You feel instant freedom and speed.

And you can suddenly imagine yourself on a start line in May or June. Of course, if you're supposed to simulate race conditions in your training, then harsh winter runs aren't the ideal preparation for a warm spring event. But even if it doesn't prepare you for race-day temperatures, a harsh winter toughens you like no other training. Like Rocky Balboa working out in the deep snow of northern Russia for his fight against the Soviet cliché Ivan Drago, you have subjected yourself to the ultimate endurance test. You have conquered not just the training program, but the harshest of elements.

As the sun shines on your final few training runs and race day approaches, you realize just how far you can travel without. 🐾



Mark Sutcliffe is the founder of *iRun* and the author of *Long Road to Boston: The Pursuit of the World's Most Coveted Marathon*.

Download the *iRun* Podcasts: iRun.ca // **Listen** to him on 1310 News and Rogers TV Ottawa // **Follow** him on Twitter: [@_marksutcliffe](https://twitter.com/_marksutcliffe)

See excerpts of his book: LongRoadtoBoston.com



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PAINT IT RED

Sage Watson on the moment she chose to wear, and defend, red lipstick

I remember the first time I wore lipstick to a track meet. My teammates asked me with a concerned look: “Why are you wearing that?” as if I had made a mistake. “Because I want to,” was my reply. I didn’t feel like explaining I was wearing this not for others, but for myself. It was my secret weapon. It was my confidence booster.

I had always liked looking my best on race day—wearing my favourite running shoes, matching warm up gear and a little bit of makeup. “Look good, feel good, race good,” is what I thought. In high school I had a coach question why I was wearing makeup to run. He said I don’t need it and asked: doesn’t it clog your pores? (Side note: I was wearing mascara.) My response: “Well, if I was going somewhere important I’d want to look and feel my best. The track is important to me, so when I step on it, that’s exactly what I do.”

Fast forward to my junior year of university in 2016, the Olympic year. It was the week before the NCAA championships. I was nervous. I felt an immense amount of pressure to perform well leading up to the Olympic trials. I felt like I needed something to boost my self-confidence. I had worn lipstick in the past to a few track meets, but nothing that really stood out.

There I was, looking at the red lipstick in the makeup store. It’s funny how such a simple moment felt so transformative. So many thoughts ran through my head as I contemplated this bright red lipstick. “Am I bold enough to wear this?” “What will people think?” “Will I give the wrong impression?” It took me about 15 minutes of picking it up, putting it back, trying out other colours, then making a choice. I said to myself, “I love this colour. I want to wear it and I’m going to wear this

← **A view to a kill:** Sage Watson takes the line to win, in red lipstick.



for myself, no one else.”

I felt transformed, like I had gone from regular Sage to “race-ready Sage.” Who knew that a small tube of red lipstick could become armour? I continued wearing the red lipstick that year from NCAAAs to Canadian trials to the 2016 Olympic Games.

I had no idea that when I put on the red lipstick at the Olympics it would have such an impact. After racing the 400-metre hurdles at the 2016 Olympic Games, I received over 20,000 followers and thousands of messages. So many people were inspired by something so simple as lipstick, and, of course, some totally got the wrong message.

It seems that the same bold choice that makes you seem confident can also sexualize you. Danielle Decker discusses this issue in *The Undeniable Power of Red Lipstick*.

“In a world where being overtly sexual is still a liability for women, those who choose to highlight their lips with loud colors proclaim their indifference to this liability,” she writes.

The comments I received upset me. I don’t seek out attention. I questioned my choice once again of wearing red lipstick. I felt people were paying more attention to my lipstick than my running performance. Then my grandma sent me this picture.

The women in my family were all wearing the red lipstick to support me in the semifinals of the Olympic games. I had never felt more supported or motivated. So what do I care about more, trolls on the Internet or the power of red I had ignited in my supporters?

Every time I step on the track with my red lipstick I now feel empowered. I believe that we all need our secret weapon, whatever that may be. Something we do for ourselves to feel ready for the world because when you feel confident you give yourself the power to become the best version of yourself you can be. 🐾

Run hard. Love hard. Race hard. Chill.

→ Your 2019 Pride Run Ambassadors, from left: Mike Macdonald, Chris Wannamaker, Jonathan Jimenez, Holly Pocket, Stephanie Katona, Gabriel Jarquin, Gabriel Ribadeneira. Photograph by Denise Militzer. Shot on location at the Drake Hotel. Union Suit pyjamas by Hatley. Available at Hatley.com.





Why do we run?

We run because we can, because there is a rush—energy that courses through your veins when you cross that finish line, when you shave a whole five seconds off your best time. Adrenaline courses through your veins—running makes you feel alive. We run because it is a drug, we run because it is a release, we run because it is in our blood—and once it runs through our veins, our body will never stop craving the feel of your feet bouncing on concrete.

Running sends a message: of strength, determination, drive and speed. When you say: “I am a runner,” people look at you differently. They see the strength in your legs, the power in your core, they see your deep—steady breathing, they see you.

Now: why do we run for Pride? Why do we paint rainbows on our skin, streak colours through our hair and carry wonderfully wind-resistant flags behind our backs? Why do hundreds, thousands of people come out (pun intended) with huge smiles on their faces? They do it for equality, and they do it to be heard. They do it because their voices, for so long, have been silenced and cut down. They march, run, scream, howl from the rooftops—they wear glitter to be seen, bells to be heard, and they wear their hearts on their sleeves to show that they are human, just like you.

Pride is now a global event, with many people of many different cultures coming together as members of the LGBT and Allies to fight against the hate brought on by the world. At this moment there are 12 countries in the world in which the penalty for being gay is punishable by death. 12 countries. Twelve places in the world in which people are at risk of dying for something that is out of their control, for something that—for their whole lives—they were made to believe is unnatural, is wrong, and is a broken part of themselves.

We run, march, paint, scream and dance to the sound of pop icons and pop culture words—we follow drag queens and smile at the unique floats of kinks and subcultures of the LGBT that we accept and support with open arms. We show the world a unified front, a collective wall of hope—of Pride.

That is why we run; that is why we have Pride.

Zacharie Fradette-Roy









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