

# LONGBOAT roadrunners



# Wildfire

Official Newsletter of the Longboat Roadrunners

**Editors:** Kat Thompson, Bert de Vries

**FALL 2019**

**VOLUME 36, NO.3**

## IN THIS ISSUE

### NEW MEMBER PROFILE: KANDACE RYCKMAN

*Bert de Vries*

### NEW MEMBER PROFILE : CHRIS JAMES

*Bert de Vries*



## CONNECT WITH US



Longboat Roadrunners



@LongboatRR



@LongboatRR

**STRAVA**

Longboat Road Runners

## NOTE FROM THE PRESIDENT

Longboat has had a successful (and busy!) quarter. It started with hosting the Sunset Shuffle in August – it's a real gem of a race (and we managed to get 5 Longboaters in the top 20). Despite having to deal with several obstacles - including moving the entire course - it was a great success. Thank you to everyone involved.

After this, it was all hands on deck for the Island Race. There is so much work that happens behind the scenes to make it a success on race day – thank you to the race committee and all the volunteers. For the club this is our main source of income, and it gives us a lot of space to subsidize events and helps keep our membership fees low. But it is also great to have the entire club out on the day, having fun, and putting on something that the wider running community really values. Thank you to everyone!

The fun didn't stop there as we hosted the Cross Country Club Championship the week after the Island Race. Chris James – featured in this newsletter – led the race from start to finish and easily conquered Bert's newest DIY additions to the famous 'flat and fast' course. The event had a great turnout, as did the Hour on the Track which we held later in September. Running an hour around a track for fun seems like a uniquely Longboat thing to do!

From Longboat races to Longboaters at races: as always we had great performances at several races in the fall, including Chicago, New York, Toronto, Oakville, Berlin, Hamilton, the Cross Country series, the Wild Mile, and even Park Runs (a nice addition to the city). Kandace – also featured here – had a great run at the Toronto Waterfront half marathon, but really it was just the beginning of her preparations for Boston Marathon next year. Congratulations to everyone who raced this fall!

Next up is the Annual General Meeting on the morning of December 14. Come and enjoy breakfast with your teammates and have your say in how the club is run (or maybe join the Executive Committee and help to run it!).

That's it. It's been fun running in shorts and a singlet, but now it's time to go find your gloves and all those layers and embrace the magic of snow (I'm definitely still new to Canadian winters...). Happy running!

**Martin**



## NEW MEMBERS

Longboat Roadrunners would like to formally welcome our new members:

*Jason Barato*

*Maggie Childe*

*Moshe Levin*

*Jessica Rode*

*Ronen Shayovitz*

We would also like to welcome back the following returning members:

*Genevieve Mackenzie*

*Roberto Zendejas*

## RACE RESULTS

*Please Note: This is not an inclusive list of race results. However, we do our best to highlight as many results as possible in the newsletter – sorry if we missed you!*

**Grand Rapids Millennium Meadows Marathon (Aug 25)**

Rob Madej                      3:00:07.14                      3rd OA, 1st M50-4

**Burlington MEC Race #3 (Sept 7)****30K**

Mary Liu                      2:30:01.8                      2nd Woman

**Toronto Corporate Run 5K (Sept 18)**

George Hubbard                      23:05

Julia Barnes                      23:06

Christine Loch                      25:01

**Oasis Zoo Run 10K (Sept 21)**

Susan Stone                      43:16                      1st 55-59, 8th Woman

**Canadian Army Run 19.5K (Sept 22)**

Allen Groome                      2:37:41                      2nd M70+

**Global Energy 10K (Sept 22)**

Martin Odendaal                      36:37                      4th OA

Jojo Herrera                      42:01

Monica Lee                      44:55                      3rd Woman

**Niagara Falls Barrelman Triathlon (Sept 22)**

Laura-Lee Moran                      6:17:12.8

**Berlin Marathon (Sept 29)**

Bob Gazzale                      2:57:53

**Ajax 15K (Sept 29)**

Rob Hanks                      60:18                      2nd M50-9

Walter Matias                      68:19                      5th M50-9

**Waterloo Classic 5K (Oct 6)**

Robert Madej                      17:46                      1st M50-4

Nils Blondon                      18:56

Kevin Gallagher                      19:03                      3rd M55-9

## UPCOMING EVENTS

**Sunday, November 17:**

Holly Jolly Fun Run (5K)

**Sunday, November 23:**

Team Unbreakable Bold & Cold 5K

**Sunday, December 1:**

Tannenbaum 10K (*discount code: LONGBOAT10 for 10% off*)

**Saturday, December 14:**

Longboat AGM (Brazen Head)

**Thursday, December 26:**

Boxing Day 10-Miler

**Sunday, January 19:**

Robbie Burns 8K

**Tuesday, February 18-25:**

Longboat Running Retreat in Cuba



## RACE RESULTS (CON'T)



**Photo:** Jeff Baumung/Canadian Running



**Photo:** John MacMillan



**Photo:** Jojo Herrera



**Photo:** Steve Blackburn

### Wineglass Marathon (Oct 6)

#### Half Marathon

Geneva Calder 1:38:13

#### Marathon

Laura-Lee Moran 5:12:42

### Nutrience Oakville Races (Oct 6)

#### 5K

Gar Concannon 18:22.3 1st M40-9, 6th OA

#### 10K

Jojo Herrera 38:39.9 2nd M40-9, 7th OA

Michelle Clarke 39:49.0 2nd W40-9, 9th OA

Maria Weber 40:21.9 3rd W40-9, 10th OA

Tim Uksulainen 55:34.6 4th M60-9

#### Half Marathon

Gerardo Reyes 1:26:27.8 15th OA

Monica Lee 1:30:14.0 2nd W40-9, 6th Woman

Susan Stone 1:33:50.3 2nd W50-9, 9th Woman **LB record**

### Chicago Marathon (Oct 12-13)

#### 5K

Debra Kobe 30:00

#### Marathon

Ken Wong 2:53:34

Halley Georgas 3:31:20

Trevor Kobe 3:42:29

Will Winnie (LBF) 4:27:30

### Ottawa Fall Colours Marathon Races (Oct 15)

#### 10K

Heidi Sobol 1:07:31.2 1st Athena

### Marathon du P'tit Train du Nord (Oct 20)

Gar Concannon 3:01:06.1



## RACE RESULTS (CON'T)



Photos: Steve Blackburn

### Scotiabank Waterfront Toronto Races (Oct 20)

#### 5K

Sabrina Young	26:58	
Nancy Wells	27:42	1st W70-4
Debra Kobe	30:27	
Peter Wu	37:08	
Jean Doench	44:00	4th W75-9

#### Half Marathon

Martin Odendaal	1:19:50	
Stephen Walter	1:21:10	
Jojo Herrera	1:30:00	(Pacer)
Heidi Mok	1:31:49	
Caroline Bolduc	1:37:01	
Kandace Ryckman	1:37:49	
Walter Matias	1:38:54	
Trevor Kobe	1:41:59	
Julia Barnes	1:42:00	
Chris Henderson	1:46:44	
Juliana Tobon	1:47:03	
Jay Yakabowych	1:52:33	
Tanya Anderson	1:53:21	
Paul Kilbank	1:55:38	
Genevieve MacKenzie	1:58:09	
Jessica Rode	2:01:32	

#### Marathon

Roberto Zendejas	3:21:19
Jim Rawling	3:35:08

### MEC Toronto Races (Oct 27)

#### 5K

Jim Rawling	22:14.4
Claire Prest	33:15.5

#### 15K

Rob Hanks	1:01:56	5th OA
-----------	---------	--------

### Wild Mile (Oct 30)

Rob Hanks	5:56	
Trevor Kobe	6:19	
Nils Blondon	6:19	
Jim Rawling	7:01	
Heidi Mok	8:06	(As a ghost)
Julia Barnes	8:07	(As a ghost)
Heidi Sobol	9:51	





**Photo:** Inge Johnson/Canada Running Series



**Photos:** Richard Bailey



**Photo:** Unknown

## RACE RESULTS (CON'T)

### Hamilton Road2HopeMarathon (Nov 3)

#### Half Marathon

Rob Madej	1:24:20	3rd M50-4	
Michelle Clarke	2:53:03	1st W45-9	<b>LB record</b>
Jojo Herrera	1:24:49	3rd M40-4	
Kevin Gallagher	1:28:50	1st M55-9	
Maria Weber	1:29:27	4th W40-9	
Susan Stone	1:33:17	1st W55-9	<b>LB record</b>
Tanya Anderson	1:50:38		

### New York City Marathon (Nov 3)

Monica Lee	3:16:03
------------	---------

## IN CASE YOU MISSED IT...

Canadian Running Magazine did a great profile on our club leading up to SWTM. Thanks to everyone who agreed to be interviewed for the piece & showed up to the Wednesday run for 'picture day'!

<https://runningmagazine.ca/toronto-runs-together/longboat-roadrunners-honour-their-namesakes-legacy-in-myriad-ways/>

Call for CABOT! Registration is open for the 2020 Cabot Trail Relay & this year's event will be held on the weekend of May 23 – 24, 2020. Contact Jojo Herrera if you're interested in joining a team for this upcoming year. Application deadline is mid-late December.

(Diane Marrow & team put together a great article for our Summer 2019 newsletter on their experiences running the 2019 event: <https://longboatroadrunners.com/wp-content/uploads/2019/09/Vol.-36-No.-02-Summer-2019.pdf>)

Coach Timo (running), Coach Michelle (strength, TRX & yoga) & Susan Stone are hosting a Longboat Running Retreat at the Brisas Sierra Mar resort in Cuba, during the week of February 18 – 25, 2020. See page 8 of this newsletter for further details.



**Photos:** John MacMillan



**KANDACE COMPLETING A LAP IN THE 2000M EVENT ON THE JULY 6<sup>TH</sup> LONGBOAT TRACK DAY - HER FIRST TIME RACING ON THE TRACK**

One day last summer Kandace was running along the Lakeshore when she was stopped at a traffic light with a group of Longboaters which included George Hubbard and Kat Wehrle. A friendly conversation ensued, during which Kandace was urged to check out the Longboat Roadrunners. The following Sunday she once again bumped into them at a water fountain and the same friendly invitations were issued. Rather than risk a third encounter which might have proved awkward, she took the advice to run with the club and was hooked. She is now a regular at the Wednesday run and the Sunday morning West End Y long run.

Kandace was never an athlete until at age 22: she was an undergraduate at the University of Toronto and started running as a "barrier-free" fitness option. Her aunt, an enthusiastic distance runner, persuaded her to run in the Niagara Women's Half Marathon. She wisely preceded that with the Mississauga 10K race, and her career was launched. Since then she has dropped her half marathon time

from 1:43 to 1:36 and hopes to approach or go under 1:30 in the upcoming Scotiabank Half. She ran her best marathon in 3:26, good enough to qualify for Boston and hopes to be accepted to run it next spring. That time was achieved with minimal mileage: 50-60 km per week. Imagine what she'll do with some more serious distance. Her ultimate marathon goal is to go under 3 hours.

This summer marked a couple of firsts for Kandace: she ran her first track race at the Longboat 2000m in 8:14.5, and followed that up with a 3<sup>rd</sup> place finish in 22:50 at the Longboat 5K Cross Country Championship in Riverdale Park, a very challenging course.

A typical week for Kandace starts with a 10 km run with her running buddy Heidi Mok on Tuesday. On Wednesday she meets the Longboat group along the Lakeshore and does the Wednesday workout laid out by her coach George Hubbard. Thursday is a rest day and Friday is a group hill workout. After a Saturday rest she does her West End Y long run with other Longboat women such as Heidi, Mary Liu and Geneva Calder.

Kandace is a real all-rounder, her undergraduate studies were in the Social Sciences and French Literature; she followed that up with a Masters degree in Epidemiology. She currently works for a startup company at the Bridgepoint Hospital in the field of health care policy. In late August she moved into a new condo on lower Bathurst St. which will make it impossible to miss the Longboaters as they run by on Wednesday evening. When we spoke she seemed taken aback when I asked her how long she had been an athlete. She said she'd never thought of herself in that light. It's time she changed her mind about that!



**Photos:** John MacMillan



**CHRIS COMPETING AT THE LONGBOAT MILE, WITH MARTIN ODENDAAL & EDWIN ALVARADO IN HOT PURSUIT**

Chris James, studying at York University, is a theoretical particle physicist. If you want to talk about the infinitely small scale to the unimaginably huge; from the Higgs Boson to the elusive nature of dark matter to the eventual mysterious disappearance of black holes, he's your man; probably the only person in the club who can talk sense on these topics. Also, he's a pretty good runner.

Chris comes by his running ability through his parents, who are both runners. His father is a sub-4 minute miler, his mother is a 19-minute 5K competitor, and a number of his relatives have represented the UK in international running events. For example, his father acted as a guide runner at the Barcelona Paralympics and helped the runners he guided to six medals. His parents never pushed him to run, but after watching them compete in cross country and road races he took up the sport by joining a club. In Canada he likely would have run for his school, but his English school focused on rugby and soccer. The club system of running has a very long and strong history in the UK.

Chris arrived in Canada in January of 2018 in the middle of a serious cold snap, and it took him a while to adapt. He now knows what we all know about Canadian weather – that in many ways it's easier to run in winter than in summer because you

can dress for the cold, but not the heat. Chris found Longboat online, as he really wanted a club atmosphere for his running activities. One of his main reasons for living downtown, rather than closer to York University, is that it is close to Longboat, which has provided him with an instant circle of welcoming friends. In my chat with him I sensed a person who fully embraces the Club's values of inclusiveness, community, fun and competitiveness. He combined all these values for his volunteer role as the pace bunny for the Children's 1-miler at the Island Race.

The marathon is not on the horizon for Chris. His main goal is to break 17 minutes in the 5K. So he has been concentrating on racing shorter distances such as the Longboat Road Mile on the rail trail, where he ran 4:59, and the Sunset Shuffle 6K, where he blazed to a 20:52. That pace would have put him well under 17 minutes for 5 km and broken his current PB of 17:42. His training companions in this march to sub-17 have included Martin Odendaal, Rob Hanks, Gerardo Reyes and Lucas Wilson. His Dad isn't here to run with him but offers him coaching advice on a regular basis.

As the year has worn on Chris has upped the number of races he participates in. He won the 2019 Longboat 5K Cross Country Championship in Riverdale Park in 18:50. This was a spirited contest with Martin Odendaal, decided by only a couple of seconds. Next up was the Longboat One Hour on the Track event at Central Tech, where Chris placed 3<sup>rd</sup> and missed the M20 club record by only a few meters.

On Oct. 6<sup>th</sup> Chris ran the OMA Cross Country 5K in Taylor Creek, finishing 3<sup>rd</sup> in 17:52.

A typical training week for Chris looks something like this:

**Monday:** 10 km with some fartlek-style pickups  
**Tuesday:** A recovery, smell-the-flowers kind of run  
**Wednesday:** Longboat speed work session with like-performing Club members  
**Thursday:** Easy recovery run  
**Friday:** A variety of workouts including track, tempo, max. aerobic  
**Saturday:** Some form of speed work  
**Sunday:** Long run, usually solo



## CHRIS JAMES (CON'T)

We likely will not enjoy Chris' company for too long, as he is from the UK - his family lives there, and his girlfriend, also a mathematician/physicist, is there too. Let's hope he achieves his racing goals here and continues to lead our kids' one-miler on the Island as a bunny for a while yet.

## CALL FOR SUBMISSIONS!

We always welcome & encourage your submissions!

Past submissions have ranged from opinion pieces, book reviews, race reports, training tips, recipes, member profiles, photos, puzzles to hilarious email exchanges. There's no limit on your creativity!

Please contact: Bert ([bert.devries@sympatico.ca](mailto:bert.devries@sympatico.ca)) & Kat ([communications@longboatroadrunners.com](mailto:communications@longboatroadrunners.com)) to contribute to the next issue.

**LONGBOAT**  
roadrunners 



# LONGBOAT RUNNING RETREAT, CUBA



**Come join us** on February 18, 2020 for a week of FUN, SUN and RUN featuring personalized coaching from Coach Timo (running) and Coach Michelle (strength training). This is the first of its kind for Longboat ....and hopefully it will become an annual event!!

Details:

**Travel to Cuba:** Feb. 18

Depart Toronto 07:35; Arrive Cuba 11:50

**Travel to Toronto:** Feb 25

Depart Cuba 12:50; Arrive Toronto 16:50

**Cost:** (special group rate until Oct. 28 – after this date, you will receive non- group rate prices)

Single: \$1,108

Double: \$908

Triple: \$888

**\*\*\*In addition, there will be a \$100 coaching fee payable by all runners to Michelle Clarke\*\*\***

**Payment Information:**

**Deposit:** \$250.00 per person is due at time of reservation to guarantee booking & secure rates.

Rate is guaranteed on deposited space only, additional guests on request & rates are subject to change.

**The deposits are non-refundable/ non-transferable**

**Final Payment Due Date:** December 4th 2019 **The final payment is non-refundable/ non-transferable**

**To book:**

Please call or email: Jasmine Radway; Group Travel Consultant: [jasmine@redtag.ca](mailto:jasmine@redtag.ca)

*Toll Free: 1.866.573.3824 Tel: 905.283.6020 Ext. 22393 Fax: 905.283.6022*

**\*\*Ask to be put into Longboat Group booking**

**About the Resort:**

Brisas Sierra Mar is a hillside resort situated on the remote southern coast of Cuba.

It is a 1 hour drive from the airport in Santiago de Cuba.

The weather on the sunny south coast is consistently 28-30 degrees during February.

This part of Cuba has remained nearly unspoiled and consists of hidden bays and crashing surf against the backdrop of two of the highest mountains in Cuba. These Sierra Maestra mountains are where the Cuban Revolution was first launched. The area is light on tourists and there are many opportunities to walk throughout the community and meet the local people.

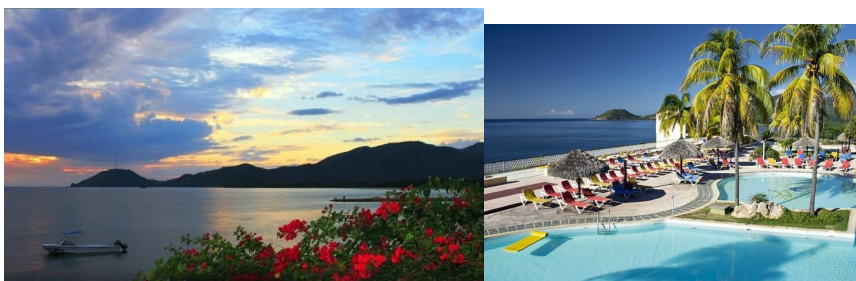
The resort is on a lightly travelled 180km road, which connects the communities on the coast. For running and biking, it offers a great mix of flat and rolling terrain. Immediately outside the resort is a flat fast 5km stretch of road, great for interval training. Further along, the road becomes rolling. You will be sharing the road with the local horse carts, bus-trucks and foot traffic. Chivirico is the closest town, 10km away, a great destination run! The resort also has simple bikes for our use. There are also several rough trails near the resort, which will take you into the nearby mountains, but these are recommended for walking only. One such walk into the mountain foothills takes you to a beautiful waterfall where you can take a nice swim in fresh water.

When outside of the resort you will undoubtedly meet some of the local people. They are super friendly and always appreciate a hat, t-shirt or (especially) running shoes! Last year, we went home with several litres of honey as a result of our 'gifts' ☺

At the resort you will have gorgeous views of both the mountainside and the ocean. The beach is about 3 km long and is a combination of white and brown sand as a result of the proximity to the mountains. There are a variety of beach activities for you to enjoy such as snorkelling (coral reef nearby), paddle boating, catamaraning, beach volleyball. There can be little sand bugs that can be really itchy so bring bug spray! The lighted tennis courts are very nice. Bring your own racquets and balls.

Rooms and Food in Cuba are simple. Food is healthy and usually organic but not fancy. Drinks and food are all inclusive. This is a 3.5 star resort in Cuba so the facilities are simple. The staff is always very helpful and nice.

See more [here](#)

**About the Training:**

There will be one running session daily and one strength session daily. There will also be opportunity for an individual meeting with each athlete to review and receive input into their 2020 race plans.

**About the Coaches:**

**Coach Timo Uksulainen** has been an active runner since 1969 when he took up running to get fit after recovering from tuberculosis. He has competed in over 800 races with personal best times of: 5K 14:58, 8K 25:02, 10K 31:15, Half Marathon 1:11:40, 30km 1.46 and Marathon 2:32:28.

Timo began coaching in 1978 and was a co-founder of Longboat Road Runners. He served as the club's first head coach from 1981 and has continued coaching at the club since that time. He is a NCCP level 3 certified Distance Coach and has coached at the high school and university levels with Ryerson and Nipissing as well as with several clubs (Toronto Olympic, Oshawa Legion, North Bay Legion and most recently at Guelph Victors). Many of Timo's athletes have been medal winners at OFSAA, the Canada Games and the Ontario University Cross Country Championships, while others have represented Canada internationally at the World Cross Country Championships the Eikiden Relay and International marathons. Several of his athletes have won the Around the Bay 30km and marathons in Toronto, Grandmas, PEI, Massey and Niagara Falls. Many others continue to regularly win or place in their age groups at local and provincial championships races.

Although Timo has been coaching for a long time he continues to be dedicated to coaching athletes at all fitness levels. He recognizes that each runner has their own aspirations and goals as well as daily challenges with juggling work, school and family lives. The fun and challenging part for him is to try and help to realize an individual's potential over time. To Tim, it's always very satisfying when athletes have reached or exceeded their goals.

Timo has contributed articles to several running magazines over the years including Runners World, Canadian Running, Ontario Roadrunner and Athletics Magazine.

**Coach Michelle Clarke** is a certified strength coach, TRX and yoga instructor. She has over 30 years of running experience along with teaching strength training to runners.

Michelle will lead post-workout strength training sessions. For 20-30 mins Michelle will lead the group through various core strength exercises to help with muscle activation and recruitment. Michelle will also assess all athletes one-on-one to assess for weakness and imbalances so she can better help each athlete individually. Therabands will be provided to each athlete along with a booklet about each of the exercises.

Questions?

Email Susan [stonesusan1@gmail.com](mailto:stonesusan1@gmail.com) or Michelle - [michelletherunner@gmail.com](mailto:michelletherunner@gmail.com)