

LONGBOAT
roadrunners



Wildfire

Official Newsletter of the Longboat Roadrunners

Editors: Kat Thompson, Bert de Vries

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STRAVA

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NOTE FROM THE PRESIDENT

Dear Longboaters,

I hope this finds you in good health wherever you may be holed up trying to get through this global pandemic. It is astonishing how quickly things went from "are you doing a spring race?" to "should I buy extra toilet paper?" (the answer to both is no...).

This year Longboat Roadrunners (and the Island Race) turns 40! Our club has such a rich history, full of incredible results, epic races, and great stories – many of which have been captured in the newsletter which dates back to 1981! We have a lot to be proud of and a lot to celebrate and I hope we'll get to do so later in the year.

However, everything is currently uncertain. We already had to postpone the New Members Brunch (and the all-important mile relay) and we've even had to cancel our training runs until further notice. I hope that we'll soon be able to run together. However, I'm sure many of us have been thankful that the sport we love can be done outside and in a safe way.

Happy running!

Martin

IN CASE YOU MISSED IT...

John MacMillan wrote an excellent article about his experiences with Parkrun, which was also featured on their website!

You can read it here:

<https://blog.parkrun.com/ca/2020/03/10/johns-journey/>



NEW MEMBERS

Longboat Roadrunners would like to formally welcome our new members:

Uyen Dias

Christina Ding

Catherine Graham

Sean Mantay

Nick Pomponio

Rebecca Sugarman

Shane Terrilon

COACH'S CORNER

First, I am so excited to be back as Longboat's Coaching Coordinator. The positive reinforcement that our runners have been giving each other is infectious and selfishly, it's been a major motivator for my own training. Thank you to all the runners that have been supporting those in their training groups. Little things like sticking together during warm-ups and cool-downs and regrouping following intervals help us become a more cohesive team.

Thank you also to the coaches who have been nurturing their runners through the BASE training phase as athletes built up their mileage. We are now building strength (coincidentally, in the STRENGTH phase) with tempo runs as we slowly move into the racing season. The early half marathons are behind us and we look forward to the various goal races that will follow later in the year.

We have already had a very successful group long run with The Runners Shop and you can expect more – once it is safe to do so. Between our two groups, we had 40 runners! During the summer, we'll be hosting some club track races, most likely including both the Longboat Mile and The Hour on the Track! It's shaping up to be a great year for Longboat.

Steve

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.

Downsview Parkrun 5K (Jan 4)

Paige Kobe	21:42	3rd OA
Trevor Kobe	21:54	4th OA
Debra Kobe	31:49	

Agoura Hills, CA Marathon (Jan 15)

Bob Gazzale	3:17:27	1st OA
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Robbie Burns 8K (Jan 19)

Edwin Alvarado	29:48.6	
Rob Hanks	31:42.1	2nd M55-9
Monica Lee	33:52.3	2nd W45-9
Jim Rawling	36:21.7	
Genevieve MacKenzie	40:09.0	
Hugh Connolly	40:19.7	
Jessica Rode	41:56.3	
Timo Uuksulainen	44:45.5	
Rebecca Sugarman	48:42.9	
Allen Groome	1:04:38.6	
Tina de Geus	1:10:43.7	1st W75-9
Richard Bailey	1:13:11.7	
Steve Blackburn	1:13:11.7	



Photo: John MacMillan





Photo: Steve Blackburn



Photo: Steve Blackburn



Photo: Richard Bailey

RACE RESULTS (CON'T)

Grimsby 10K (Feb 16)

Michelle Clarke	39:58	5th OA, 1st Woman
Maria Weber	41:21	8th OA, 2nd Woman

La Filipina Power Up 10K Intramuros (Feb 23)

Jojo Herrera	38:42	2nd OA
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Polar Paws Trail Races 5K (Feb 29)

Sabrina Young	44:00	3rd W40-9
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Chilly Half Marathon (Mar 1)

Edwin Alvarado	1:19:01	4th M40-4
Rob Madej	1:28:42	
Michelle Clarke	1:28:52	2nd W45-9
Maria Weber	1:30:03	
Roger Moss	1:31:59	
Mary Liu	1:34:35	
Lily Wu	1:40:49	
Jessica Rode	1:50:31	
Rebecca Sugarman	2:09:13	

Shamrock 5 Mile (Mar 7)

Susan Stone	34:10	1st W55-59, Club Record
Timo Uuksulainen	43:39	
Jean Doench	1:13:03	2nd W80-84, Club Record



Photo: Steve Blackburn





JESSICA COMPETING AT THE OAKVILLE HALF MARATHON WITH RUNNER'S GOLD; ALSO PICTURED WITH JULIANA TOBON ON ONE OF HER FIRST SUNDAY RUNS WITH LB

Like many of us, Jessica Rode came to running seriously as an adult; yes, she ran some track & field in grade school, but not in high school or university. At first, she did not take it particularly seriously, with lots of starts and stops and gaps. But she vividly remembers her first race: the Spring Run-Off in High Park, soon followed by the Goodlife Half Marathon. In fact, the half marathon has been her race of choice, with a PB of 1:47 at the Oakville Nutrience Half. This was a few years ago and she is now hard at work trying to regain that form. She has done other distances but acknowledges that running some shorter races with more intensity might improve her speed.

Here are some of Jessica's other PBs:

5K:	27:37	Spring Run Off 2007
6K:	31:31	Sunset Shuffle 2019
10K:	55:10	LB Island Race 2019
15K:	1:22:32	Bread & Honey 2015
Marathon:	4:25	Scotiabank 2015

Jessica has known about Longboat for a long time; in fact, she flirted with joining us about 15 years ago, but unfortunately it didn't take and soon she was working in Mississauga and there ran with

Runners Gold, under the coaching of well-known Richard Bailey rival Will Clewes. However, she is now back in Toronto, working as the liaison officer between Ronald McDonald House and their parent company. This time - she officially has joined the club after participating in both of our races last summer and enjoys running with the group of runners coached by George Hubbard.

She can't always join our group runs because of her devotion to her beloved dog that she tends to after work; however, her Sunday morning run is typically with the Settlement House group which includes Juliana Tobon, Hugh Connolly and John Manna.

She typically runs 4 days a week as follows:

Tuesday: 8-10 km

Wednesday: 8-14 km

Friday: 5-8 km

Sunday: 18-23 km, part of which is with the Sunday group based out of the Settlement House

Jessica was attracted to Longboat because of its friendly welcoming atmosphere and variety of abilities. She really enjoys the number of club activities: for example, she and partner Sandra Tam won a prize at last fall's scavenger hunt held in conjunction with the AGM. She is continually aiming to improve her half marathon time, but the long-term goal this year is to run the Scotiabank Marathon. Her first marathon experience years ago was not a success - she was undertrained and finished in over 5 hours. The next one was better, at about 4 and a half hours, but this fall, with better preparation and coaching she dreams of going under 4 hours.

She has confided in her coaches that she really wants to get faster and feels that the camaraderie and encouragement from her fellow Longboat members will help lead in that direction!





GENEVA COMPETES AT THE CORNING HALF

Years before we ever met Geneva Calder, my Sunday morning running friends and I had heard all about her from her aunt, Angela Ryan: she was scholastically gifted; a great athlete who attended a special school for brilliant athletes; talented in a hundred ways; the recipient of an academic scholarship to an American college to play lacrosse; a graduate student in global affairs doing internships in Europe. There was no end to it, and we wrote it off mostly as the unhinged rantings of a doting auntie. Imagine our surprise when it all turned out to be true! Geneva started running with us on Sunday mornings from the settlement House a few years ago when she was still in college. It was obvious that she was a natural, and soon it was clear that she had to dump us and join the faster runners at the West End Y on Sundays.

Geneva has always been an athlete. As a little girl she played soccer and ran cross country for her school. Angela would give her coaching tips when she ran those races: a foreshadowing of her later influence on her running. Her father introduced her to hockey and lacrosse, and the latter turned out to be her first real athletic love. She attended the BEAP program at Birchmount Collegiate in Scarborough, which is aimed at exceptional athletes. She not only excelled at lacrosse in this

program, but was an outstanding student, winning a scholarship to play lacrosse at William Smith College in Geneva, New York (*Fate, no?*). There she played in a Division 3 league. Her team was never out of the top 3, and in her final year her team was ranked second in the US, losing 4-2 in the final to a Gettysburg team that had never been held to so few goals. In her years at William Smith College she and her sister pioneered the school's hockey radio play-by-play broadcasts. She played two more years as a grad student at the University of Toronto where she was continuing her studies in Global Affairs. Since graduation, she has coached lacrosse for both the U of T team and for high school girls. Her proudest athletic achievement was surviving several rounds of cuts and reaching the pool of 40 for the National Women's Lacrosse team.

But now she's a runner, and she's been a Longboat member for a year. Her enthusiasm and participation in the life of the club were so outstanding last year that she was named New Member of the Year at our annual Awards Gala. Her running focus has been on doing well in the half marathon. She's run three so far and has run a PB each time. She was training for the Goodlife Half Marathon in May and her number one goal was to run 1:35.

Aside from the ongoing advice and tips from Aunt Angela, she is also being coached by George Hubbard.

A typical training week for Geneva looks something like this:

Tuesday: 7-8 km

Wednesday: group run with Longboat, usually involving speedwork in a 14-16 km workout

Friday: 7 km

Sunday: long run of 18+ km

Last year she took advantage of the opportunity provided by the Longboat One Hour on the Track event to prepare for the half marathon, and also the Longboat Cross Country Race where she was part of a memorable 4-way duel among Susan Stone, Kandace Ryckman and Heidi Mok, the best women's contest we've seen in a long time.



GENEVA CALDER (CON'T)

In the longer term Geneva plans to keep running as an important part of her busy life. Running is something that she can fit into her career as a community outreach officer for Engineers without Borders, an NGO focused on international development, especially in sub-Saharan Africa.

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) & Kat (communications@longboatroadrunners.com) to contribute to the next issue.

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