

Jim Rawling



Jim started his running career when he joined the Central Y, then located on College Street, in 1981/1982. He started to run competitively with Richard Bailey and Harvey Artsob (a former Longboater). He quickly became known as The Rabbit because he would run away from them like a Hare BUT Richard claims they always caught him up- except for that 10 mile race where the Rabbit got his revenge..... Jim says he left them behind because they were so slow. And so the legend of the Rabbit began.

He joined Longboat in 1985 because if they let Richard in, he could join too. And two Hall of Famers began to make their mark on Longboat.

Jim holds at least one distinctive club record. 13 years on the Club Executive, including 9 years as Treasurer and 2 as President! That is a lot of time and commitment given in service to Longboat. That is a ton of financial statements and

reports, decisions made, and A LOT of meetings. And those few years when he wasn't on the executive, Jim was often a voice of reason and common sense and passion, and I always valued his support when I was on the executive.

Run Rabbit Run- in the 80's there were many fast club runners and Jim fit right in. He has a marathon best (in my favourite race, Montreal) of 2:44 and a 10km PB of 34.59. And what I remember are those consistent Wednesday night runs of 10-13 mile runs on the Lakeshore and then Jim would always be a little bit later coming to the REX, having run just a little bit farther. And Jim is still running well (don't listen to him) zooming around in the Club Racing Series throughout the pandemic. And he is a strong participant in the club cross-country championship race.

He has lost count of the number of Boston Marathons he has run and reckons he has run over 70 marathons in total. And Rabbit is planning to return to Ottawa this spring to run his next one.

Jim was one of the original runners on the Saturday morning High Park trails. And he is still doing multiple 5km loops while the rest of us have started our breakfast. Rabbit has been a frequent strong participant in club relay teams: Banff-Jasper, Ragnar, Cabot Trail.



2016 OMA Championships

Do not be complacent if he passes you in a race. Jim has extraordinary grit and strength that he accesses when he looks like he is dying. I will never forget his sneak attack on me at the finish line at Boston. He has that rare ability to push himself to the edge and then the mental ability to hold on.

So what else does a Running Rabbit do? How about finishing the Gatineau 55km ski race with a broken ankle? Or the Hairshirt Bike Ride to Niagara and back in one day, several times? And not on a lightweight racing biker either, (he swears by the pickle juice.)

And I remember running with him at the inaugural Bruce Trail Survival Run.

Jim met Kristin, his wife, in Longboat. She is a good runner herself though currently injured. Through his years in the club, he has managed to raise 5 children. He is still working as an accountant and frequently riding his trusty bike to the office (when it is open, of course) He is also our trusty lead cyclist at the Island Run.

Like many of us, Jim and I have shared more than a few pints (or even a brown paper bag of wine- coming back from the Montreal marathon, in celebration of our PB's) at the Bev or the Rex, or at club parties and celebrations. I have marvelled at his sartorial splendour and sighed over some of his Facebook posts.

But most of all he has been my good friend over all these years. And a friend to all of us in Longboat Roadrunners.

Jim Rawling- The One and Only Rabbit and now a member of the prestigious LONGBOAT HALL OF FAME.

By Kathleen Walker Cranmer



Jim & Kathleen in 2018