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MAGAZINE OF
iRunNation

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The Road from Around the Bay to Boston

Ben Kaplan from *iRun* on how a race started by a cigar shop owner went on to produce athletes that would take over the world

Jack Caffery was a teamster whose parents immigrated to Hamilton from Ireland and his gutsy performance led a parade of Around the Bay runners across the Boston Marathon finish line.

Imagine running 2:39:44 in 1900, because that's exactly what Caffery did to take Boston's grand prize for the first time. Suddenly, Americans had to respect Canadian distance runners, and Caffery captured the Boston Marathon first place title twice: in 1900 and 1901. And if anyone doubted in 1900 whether Hamilton was for real, all they had to do was check the rest of the top of the standings, because local boys William Sherring and Fred Hughson placed second and third. Current marathon superstar Reid Coolsaet, an ATB veteran who calls Hamilton home, is one

runner who takes pride in his community's history. On Twitter, he called 1900 Hamilton today's Iten, Kenya.

In 1906, wearing what was described as a "droopy cotton bathing suit," Tom Longboat won his first Around the Bay and, in a snowstorm, beat 126 other runners in the eleventh Boston Marathon. "He represented freedom and the right to pursue our dreams," Cindy Martin, wellness coordinator of the Six Nations of the Grand River reserve told *iRun*, in our Longboat cover story.

Obviously there's something to the difficult 30 kilometre course in the wind with the hills that give runners a mental toughness weeks out from Patriot's Day, when the Boston Marathon is annually held. Favourite sons of Around the Bay include Gerald Cote and the legendary Jerome Drayton, who won Around the Bay in 1973 and 1974. In 1977, Jerome Drayton took the Boston Marathon crown.

The most popular figure in running is Krista DuChene, the Marathon Mom who has completed ATB nine times, twice taking first and three times finishing second.

"Around the Bay creates that butterfly feeling in your stomach," she says. "It's a bittersweet feeling that the end is near."

DuChene shocked the world but not many Canadians when she was the third female finisher at last year's Boston Marathon. Her ascendency in Boston marked an Around the Bay tradition. That when the toughest Canadians assemble on the Hamilton starting line to compete at ATB, the future is theirs for the taking. Whether it's the Olympics, Boston, or whatever they choose it to be.

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RAVI EATS (AND DRINKS AND RUNS)

The story
of a man and
his habits

I have no business dishing out (get it?) advice on diet. I have no qualifications in that regard. I'm sure I understand the most important aspects of nutrition. My doctor has never expressed any worry about my health or about my ability to properly nourish my running habit so as to prevent injury and long-term harm, a danger that is thankfully garnering more conversation. I don't fall ill frequently, so I must be doing something right.

There are lots of reasons I don't care for diet in the way our culture typically understands the word, namely in the way in which the dieting industry has taught us to understand it. Anything that imposes counting or a points system on eating and cooking, which together form one of the most joyous activities I've ever known, isn't worth it. Nor do I care to evaluate my self worth in terms of a number or a certain appearance.

The only guiding principle I've ever found to work for me when it comes to food is sensibility. It's just not sensible to overindulge all the time if you're working on reaching your best level of fitness. At the same time, as someone who has had my fair share of reminders that life is precious, it certainly isn't sensible to constantly deny myself any enjoyment whatsoever when it comes to food. Can a recreational runner like myself really benefit if I skip the post-race celebratory beers with the incredible friends I've made through running?

It's not sensible to think of food as a reward that you have to earn. That's a recipe for a terrible relationship with both food and fitness. While food is not a reward, it's certainly a cornerstone of nearly every celebratory occasion known to humanity. Can you think of a time when people get together to mark a special occasion that doesn't involve food? It doesn't even have to be celebratory; I've had some delicious cookies at funerals.

My chosen method of celebration following a goal race is what I've come to call my Fat Elvis diet. After long months of hard work, it's time to not give a single F about what goes into my mouth and spiral into a glorious well of Epicurean splendour.

For a week, all bets are off and it's time to celebrate. Poutine is usually first on the hit list. My sweet tooth isn't especially potent, but the classic Wendy's fries dipped in a frosty is also a priority. My mom will happily oblige me with her macaroni pie (baked mac n' cheese). Drenched in homemade pepper sauce, carbohydrate



TASTES SO SWEET: Deep dish pizza at Giordano's following the Chicago Marathon in 2015, top; at the bottom, celebrating a PB with the national dish at the 2016 Ottawa Race Weekend.

dense, and loaded with a decadent amount of cheese—New Zealand Anchor Cheddar, accept no substitutes—it's the perfect indulgence because it won't just satiate your hunger, but put you down for a nap as well. It's the very antithesis of food as fuel for productivity and efficiency. It's food that makes you feel loved and cared for.

Those who know me know that I'm hopelessly devoted to hops and barley and that I relish the chance to catch up with the friends I may have neglected in the thick of the training process over a pint. Again, sensibility is the guiding principle in my consumption of alcohol. I've learned that my enjoyment plummets and anxiety skyrockets beyond two drinks.

It's my own version of going out to seed for a bit. Giving your body time to reset and to break the cycle of discipline and deprivation enables you to return to the work with new energy and excitement. I find that the no-holds-

barred approach is just enough to eventually remind me that I do indeed enjoy my structured training, but that the constant grind is not in itself sustainable.

If my results have taught me anything, it's that you're hardly risking fitness through rest, recovery and a little celebration. In fact, I believe this is why I can avoid temptation most of the time when I'm in the training cycle and never have it feel like torture.

I suppose this philosophy isn't in line with the "fitspo" that tells us fitness is a 24/7 grind, a full commitment lifestyle that means planning your meals down to the last nutrient and your day to the last second. As a runner, fitness is certainly one of the greatest rewards, but it's only one of them.

Running has meant the chance to connect with wonderful people, feel good about myself and toast my own successes and those



SEA NO EVIL: Sing at the Sea Wheeze Half Marathon in Vancouver, representing his race crew Tribe Fitness.

of the people around me. Those moments of togetherness, often tied together by food, are the ones that add richness to our lives. The physical changes are just one dimension, and I'd be doing myself a disservice to not enjoy the other perks.

Finally, it's hardly sensible to tie food and the way you consume it so deeply to your identity. Scrolling through social media, I get the impression that the obsession some have with "clean eating," whatever that means, is itself some sort of eating disorder. This is to say nothing of the role that gender plays in influencing what we're "supposed to" eat or drink. There's a barrage of classism as well that shames us for what we eat, acting as if income, time and competing priorities are not valid reasons to not be perfect. If you think that those things can't throw off diet, I'm guessing you've not dealt with them or are paid to promote

some kind of product.

Making food a means to prove something about yourself is ridiculous. I hope that anyone who reads this knows that they have nothing to prove. A runner is not a runner because of what they put in their mouth. Just let the choices you make be informed and true to yourself.

I don't write any of this with the pretence that I have always perfectly executed sensibility in my diet. It's been a learning process that continues. Food is fuel, sustenance and ecstasy—it is not an instrument of torture. That's the only lesson I really wish to convey.

I'm lucky to have never had serious obstacles or issues when it came to my relationship with food, but for those who have, I hope you know that there are resources available to you to set that relationship right. You deserve to be healthy and you deserve to treat yourself and be happy; it's only sensible.

AROUND THE COUNTRY IN POST-RACE MEALS

On our Facebook group, we asked readers where they are and what they crave after a hometown event. Here's what we learned.

ANDREA LINTON

After running Marathon by the Sea in August in Saint John, NB, I love to eat at Britt's Pub. My go-to meal is the fresh salmon and sweet potato fries. If your celebration starts earlier, I highly recommend the breakfast skillet paired with a mimosa.

E MARIE WALL

Sunshine Donuts in Hamilton...

KIRSTEN PARKER

My run partner and my tradition is George's Burgers and Subs here in Winnipeg. One of those awesome Greek food and greasy burger extraordinaire.

CHRIS WIGNALL

Monster Donuts in Hamilton

TINA GARSTAD

Though I haven't been there for a couple years, I still dream about lattes and boule de beurre from the most divine bakery in Montreal, Bar a Beurre. The best post-run treat ever.

JENNY PHAM

In Edmonton, I like to slurp up a big bowl of pho at Pho Hoan Pasteur. It makes me happy!

TRACY SHOULDICE

Life is too short for mediocre beer. I'm from Ottawa, and like CRAFT Beer Market at Lansdowne.

CATHY LUMB

At Run for the Toad, we don't need to go anywhere for a post-race meal—George and Peggy spoil us with an amazing barbecue, and homemade desserts. We all look forward to our meal in the big tent in the middle of the forest—amazing!

JENN JOHNSTON-FUDGE

When in Ottawa for the Army Run, we celebrated with post race eats at Pure Kitchen.

Get Ready For Spring



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Every May, the neighbourhoods of Ottawa and Gatineau come together to celebrate the sport of running, beautiful weather and the community. Whether you walk, run or love to cheer people on, Tamarack Ottawa Race Weekend has something for everyone.



THE EXPO

Want to try the latest running foods and beverages? Try on the latest running trends? See the best running has to offer at Canada's biggest running expo.



THE ELITES

Watch some of the best runners in the world compete in two Gold Label IAAF events: the Ottawa 10K and the Scotiabank Ottawa Marathon.



THE CITIES

Straddling the Ottawa River, Ottawa and Gatineau have delicious restaurants, unique beverages, amazing music, new art galleries and more to offer visitors from near and far.



THE BEER

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SAT



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SAT



THE 5K

May 26th • 4:00 p.m.

SAT



THE 10K

May 26th • 6:30 p.m.

SUN



MARATHON

May 27th • 7:00 a.m.

SUN



KIDS MARATHON

May 27th • 8:00 a.m.

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1/2 MARATHON

May 27th • 9:00 a.m.

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A SPECIAL REPORT FROM THE KITCHEN TABLE OF OUR AUTHOR'S HOME TOWN

EAT LIKE A KENYAN

Nutrition is one of the top ingredients that make a successful runner. It comes second only to the daily training runs and could be the deciding factor in taking you to a spring PB. Sure, training shoes, a coach, high-altitude training, massage, training groups, and sleep and recovery are important, but we are what we eat, as every runner knows. Kenyan athletes are not only naturally gifted, but it also happens that our staple food, found naturally in our communities, help bring out the best of our talents. Ugali (dough made from maize flour), milk, beans, green vegetables, and eggs are just some of the staple foods among Kenyan athletes. The process of preparing these foods is often as natural as the foods themselves. Those who live in the rural areas, where most distance runners hail, only buy a few items like cooking oil, sugar and salt from the shops; the rest comes from their farms. Green vegetables are at times just boiled in plain water and milk is added before serving. Below is my three-day food diary, very typical of Kenyan athletes and very easy for you to replicate at home in Canada—these are low-cost, no-fuss, tasty meals for racers.



BREAKFAST

2nd February: Tea with chapati (pancakes)

3rd February: Tea with white bread

4th February: Tea with chapati-mayai (pancakes made with eggs)

To many Kenyan runners, tea is the preferred drink for breakfast. Other drinks that may be served for breakfast include coffee, cocoa and soy milk, but on rare occasions. Even in most hotels in Kenya, you can get ready-made tea, but you will have to order coffee or other drinks because you probably would be the only person ordering it.

Tea is made by pouring a handful of tea leaves into a saucepan of boiling water and boiling for about five minutes. Milk and sugar is usually added to sweeten it. Very few people in Kenya prefer black tea that doesn't contain milk.

Accompanying the tea is chapati (pancakes made from wheat flour), mandazi, fried bread from wheat flour, sweet potatoes, bananas and bread. Fried or boiled eggs are also common during breakfast in most of the Kenyan training camps.

Sometimes Kenyan runners have to eat breakfast twice, depending on their training program for the day. They may drink a mug of tea before going out for their heavy training in the morning, then come back and complete their breakfast after their training.

LUNCH

2nd February: Rice, meat and spaghetti

3rd February: Rice, cabbage and milk

4th February: Ugali, green vegetables and meat

Rice, beans, potatoes, pasta, green grams and green vegetables like cabbages and sukuma-wiki (colewort) are the common foods for lunch in most Kenyan homes and in Kenyan athletic camps. Compared to what runners eat for supper, lighter foods are usually served so that runners will be able to train again in the evening.

Carbohydrates usually take up the largest portion of the plate during lunch time. As you can see, the meals are balanced, with a starch, protein and vegetable, and usually some dairy, as milk is popular with each meal. Also to note: alcohol is not commonly served.



SUPPER

2nd February:

Ugali, eggs, green vegetables and milk

3rd February:

Ugali, green vegetables, beans and milk

4th February:

Ugali, meat, green vegetables and milk

Ugali is most often served during supper time in most of the Kenyan training camps. Other food items are often there to accompany the ugali. Green indigenous vegetables are also common, and a glass of milk to wash down the meal. Mursik, which is a type of fermented milk, is also available most of the time and often takes the place of fresh milk.

Maize flour used in making ugali is often harvested from the local farms, shelled to separate the grains from the cobs, dried and then taken to the local mills to be milled into flour. It's hard to imagine getting food any more fresh.

This is the process of making ugali: water is left to boil in a saucepan. As soon as it boils, flour is added in small amounts as the cook keeps stirring the mixture to make sure that it remains soft and that too much flour is not added at once (which will cool the mixture and form undesirable hard lumps). As the mixture thickens, a separate and bigger stick is used to continue stirring and rolling over the mixture until it gets really hard. Then it is left to simmer as more water evaporates and the ugali gets harder.

In Kenya, meat is expensive for many households and only comes to the table once or twice every week for most Kenyan runners. Beef is cheaper and more readily available than poultry and fish.

WATER AND FRUITS

In most of the Kenyan training camps, you will find athletes walking around carrying small water bottles. The amount of training they do, and what they expect to do in the next workout, will force them to drink plenty of water. Most Kenyan athletes consume around three to five litres of water in a day.

Like water, fruits are also common among the athletes and are eaten whenever they are required any time, day or night. Common fruits are oranges, bananas, avocados, pineapples and mangoes.

MY CANADIAN EXPERIENCE

In 2017, I was lucky to spend some time training and running in Ontario for a month and observed the difference in the food, cooking and eating habits between Kenyans and Canadians.

Most food and cooking ingredients in Canada are bought in stores, but one can almost produce the same type of Kenyan food if they source the right ingredients.

I was able to make ugali with green vegetables a number of times after buying yellow corn flour from a nearby store. There were also milk, eggs, rice, potatoes and poultry and other foods that are also found in Kenya. Not all Canadians will be able to run like us in Kenya. But with a little preparation and knowhow, it is possible to eat the same way.



WHERE THE BUFFALO ROAM

Why now more than ever Canadians need to run the Buffalo Marathon

By Fitz Koehler, M.S.E.S.S., and Buffalo Marathon race announcer

There's something special about the Buffalo Marathon. Actually, there are a lot of special things about this uber-patriotic run-fest fun-fest held on Memorial Day Weekend each year. It's a big-time race with a small-town feel. I'd like to think that most everyone is showing up for me, their favorite noisy, exciting and loving race announcer. However, I'm competing with too much awesomeness to believe that to be true. Okay, maybe it's partially true. But that's not the point. Here's the deal: I host dozens of extraordinary race weekends around the USA. Massive and marquee events are kind of my thing. The Big Sur Marathon and Skechers Performance Los Angeles Marathon are a couple, along with the DC Wonder Woman Series. So, it should tell you a lot that I count down the days until I get back to the Buffalo Marathon each year. It's that good.

As far as races go, we literally offer something for every type of person of every fitness level from babies to seniors, and even something for our furry best friends. For the big distance lovers, we've got the Buffalo Marathon 26.2 and Buffalo Half Marathon 13.1. Want to team up with friends to do some good? Take on the Kaleida Health "Heart to Heart" Marathon Relay with one to three of your pals. You'll get to enjoy the marathon course without having to, you know, run the whole marathon! The John Beishline Memorial 5K, the Kids Mini-Marathon, The Diaper Dash and the Buffalo Stampede Dog Run fill Saturday up with short-distance races that are big on laughs and love. If you're making the trip to Buffalo from Canada, you'll definitely want to spend the whole weekend.

Obviously, we've got variety. That's a given. However, what you'll fall in love with are the courses, the cool temperatures (averaging 16 degrees), the support and the swag. From the get-go, our start line experiences are extraordinary. As the very fortunate ringleader or as some now call me, thanks to my sweet buffalo hat, the "Grand Poohbah" of the fun, I can verify that our runners make for the largest herd of Buffalo in the entire country on

race day. They're ready to stampede once the fireworks explode and I yell "go!" When they take to the streets, the people of Buffalo take incredible care of them. The roads are lined with fans, friends and love. Whether our athletes are cruising through charming neighborhoods, past beautiful landmarks or through gorgeous parks, each step is filled with something unique.

Once you get to our finish lines, you'll know the work was worth it. Smack dab in the middle of the city, tall buildings enclose the sounds of the most epic race music in the country, making runners feel like the star of their own rock concert. If you want to experience a true climax for all of your effort, this is the finish line you want to cross. To add icing to this delicious beefcake of an experience, I'll be there welcoming you home, by name, with zeal and, quite frequently, big hugs for those who want them. I'm invested in every single athlete on our course and work hard to make each and every runner feel like a true champion. In my opinion, the further back we go ... the more exciting things get. I admire our speedsters, but I adore the back of our pack!

Our Saturday races are smaller, but lack nothing other than distance. Our JBM 5K is a fantastic family event which many folks participate in alone, or as part of our Donnelly Challenge (do the 5K and the full and receive extra bling). In fact, I think it's a perfect choice for the family and friends of marathoners and half-marathoners who've traveled along for support. Why not get them involved and make sure they go home with a medal, too? My rule of thumb as a fitness expert: if a person can roam through the mall for an hour, they can do a 5K! Once the 5K is completed, we get into absurd fun. The Kids Mini-Marathon is the perfect opportunity for little ones between the ages of two and eight to get a taste of race life, earn bling and fall in love with our sport. It is so much fun that people who have no skin in the game, or ... no kids on the course, stick around to watch it unfold. These kids are pure gold with their effort, athleticism and silliness. Spectators often go hoarse cheering and



The author, pictured on the job.



AND THEY'RE OFF: Runners reach for their own personal best at the Buffalo Marathon.

laugh until they cry. It's THAT good! Our Diaper Dash is brand new, and while we'll accept no smack-talk from our Baby Buffaloes, we will accept drool, giggles and crawling in circles. Our Race Director, Greg Weber, has a new granddaughter, whom I peg as the inspiration for this addition.

The Ruffalo Stampede is perfection. With funds going to support the Erie County Sheriff's Office K-9 Unit, hundreds of dogs of all shapes, sizes and breeds take their owners on a 1K walk or run. Every dog gets a custom bandana and a Ruffalo medal and a box of Milk Bones, which are proudly produced in Buffalo; owners get their very own poop bags! While I adore smooching and petting all of the pups, it fills up my animal-loving heart to see shelters bringing available dogs on the course wearing "adopt me" bandanas. This is the goodness of Buffalo Marathon weekend.

Beyond the race experiences, you're going to love the swag. Yep. Buffalo goes big time with it all. The tech shirts turn into "favourite shirts." They're made of high-quality tech materials, are legit stylish and aren't splattered with a bunch of logos. It's the kind of gear you'll want to wear again and again. Marathon finishers get keychains, and everyone walks away with Buffalo bling. They've got a theme and they're running with it, Canada—you gotta come share the love.

Buffalo also goes big on the parties. On Sunday, our indoor finish line festival provides athletes and their friends unlimited food and our custom craft beer, Mile 27, which is brewed just a hop and a jump away from our finish line. Really. I don't know if I've ever seen that anywhere else, and I see a lot. Folks stick

around for hours to eat, enjoy the music and hang out. It's a reason to also stay Sunday night.

Since you're making the trip to Buffalo, you're going to have to do a bit of touring. Niagara Falls is a must, both the Canadian and American sides. Both are fabulous, but I'm going to give credit to the Canadian side for being a bit posher. View the falls from above, voyage on the Maid of the Mist in a swanky poncho or hike the Niagara Gorge; it's all pretty special. Besides the Falls, stay active on a CycleBoat on downtown waterways, grab friends for a Pedal Tour with a cocktail in hand, stroll through the Military and Naval Yard or enjoy the park system. We also want you to visit the bison we've sponsored at the Buffalo Zoo and dine at the Anchor Bar, home of the original Buffalo wings!

What I love most about the Buffalo Marathon Weekend is the spirit and its participants. We ooze patriotism, energetic athleticism and quality. Greg and his co-RD, Richard Clark, put endless amounts of care into doing good while creating an extraordinary experience our athletes, fans, volunteers and community can be proud of. Everyone gets to enjoy the benefits of a big city within the comforts of a smaller community that genuinely cares. I hope you'll join our herd. I've got your name on the tip of my tongue and a huge hug waiting for you at your finish!

Fitz Koehler is a port-performance expert who announces races and teaches clinics around the globe, including the Buffalo Marathon. Follow the happy noise at Fitzness.com and @Fitzness on FaceBook, Instagram and YouTube.



SAVED BY THE GEL

To replenish depleting glycogen stores, writes **Tim Huebsch**, turn to energy gels for a source of fuel to help prolong efforts and delay the onset of fatigue

“Hitting the wall,” the term coined for bonking or a loss in glycogen stores in the body that leave you fatigued.

If you’re a marathoner, ultramarathoner, or simply on a long run, you’ve likely experienced the feeling before. The pre-emptive saviour to these scenarios, in part, can be energy gels, a quick source of sugar.

Energy gels are essentially carbohydrate-packed gels in small, single-serve packets to be used while on (or before) a run to provide additional energy by topping up glycogen stores in the body. Here’s the why, how and what of energy gels.

WHY GELS?

“Energy gels provide a source of carbohydrates,” Megan Kuikman, a registered dietician based in Brantford, Ontario, and 2:47 marathoner, says. “The body’s stores of carbohydrates are limited, so during prolonged exercise,

consuming carbohydrates helps prevent us from ‘hitting the wall.’ For runs lasting 1-2.5 hours, we should aim for 30-60 grams of carbohydrates per hour. For runs over 2.5 hours, we should aim for 60-90 grams per hour.”

There are advantages to using energy gels as a form of energy.

Practicality, for one. It’s much easier to carry an energy gel (or three) than a bottle of sports drink. Carrying your preferred product in a race is also advantageous as you don’t run the risk of consuming a product at an aid station that your body isn’t used to. (Races don’t always offer the same sports drink.)

Energy gels are a dense source of carbohydrates, for two. “A typical energy gel provides about 20 grams of carbohydrates,” Kuikman explains. “You would have to drink just over 300 ml of Gatorade to get the same amount of carbohydrates [as an energy gel]. For most people, this would be too large a volume of Gatorade to drink to hit the target of 30-90 grams of carbohydrate per hour during exercise.”

HOW DO I TAKE THEM?

“To hit the target of 60 grams of carbohydrate per hour, it works out to about one gel every 20 minutes,” Kuikman explains. For athletes who haven’t tested taking in carbohydrates during exercise, Kuikman recommends “training the gut,” just like you would train your muscles for race day. “It takes about five to ten weeks for the gut to adapt to optimally absorb carbohydrates, so runners should do this weekly during their long run,” she says.

It’s best to take energy gels with water or a low-carbohydrate drink like Nuun, for example, Kuikman explains. “Taking gels with a carbohydrate containing drink like Gatorade can lead to the dreaded runner’s trots in some people. This is because [mixing the two] can cause water to be drawn into the gut due to a very high carbohydrate concentration.”

Most energy gels are tear- or twist-to-open, depending on the design, and take only a few seconds to consume.

OK, BUT WHAT’S OUT THERE?

Plain and simple: there are a lot of brands that manufacture and sell energy gels. After all, most runners, especially those who run longer distances, at some point use energy gels to fuel. And with the rise of ultrarunning, there’s even



SUCK IT UP: An Endurance Tap ambassador demonstrates how it’s done.

more reason runners turn to mid-run fueling, whether it's in training or during races themselves.

When it comes to selection, there are the more obvious choices of the name-brands, like PowerBar, Clif and GU. But there are also new players on the market.

Take Endurance Tap, a Canadian-based company that Matt Smith and Pat Stark started in 2014. In search of a gel with simple and pronounceable ingredients, Endurance Tap is popping up at races across the country as runners turn to the maple-syrup-based gel. (The two other ingredients are sea salt and ginger.) Krista DuChene, 2018 Boston Marathon third-place finisher and second fastest Canadian women's marathoner of all-time, and Reid Coolsaet, Canada's third-fastest marathoner of all-time, use Endurance Tap.

And with the help of Sweden-based Maurten, fuelling is sexy and on trend, with an eye-catching social media feed, innovative technology (Maurten's hydrogels interestingly use alginate, from algae, and pectin, found in apples and lemons, to inhibit quicker consumption) and the fact that it's considered the "fastest" product on the planet. Consider this: one of the two winners of every World Marathon Major (the marathons you've always wanted to run) since 2017 is fuelled by Maurten products, including the men's world record of 2:01:39 by Eliud Kipchoge.

Here are a few products you may know: Endurance Tap, PowerBar PowerGel, Clif Shot Energy Gel, GU Energy Gel, Hammer Gel, Honey Stinger Organic Energy Gel, Maurten Gel 100, Gatorade Endurance Energy Gel, Science In Sport GO Isotonic Energy Gel. You get the idea.

Most gels provide 15-25 grams of carbohydrates per pack. A single Clif Shot Energy Gel, for example, provides 100 calories, 24 grams of carbohydrates (12 grams of which are sugars), 90 mg of sodium and 25 mg of caffeine. (Non-caffeinated versions are available.) Maurten Gel 100, by comparison, is 25 grams of carbohydrates per serving, all of which are sugars.

With so many available choices, the one that works best for you comes down to personal preference.

Just remember: don't try energy gels for the first time on race day, or you may be in for a memorable run for the wrong reasons.



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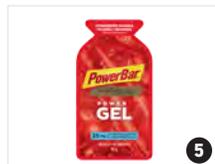
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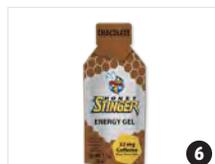
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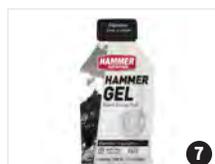
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A DEEPER DIVE INTO THE MOST POPULAR GELS

Here's a look of some of the most popular gels you'll see in North America and what exactly makes them popular. (In no particular order, and favoured towards Canadian products.)

1. ENDURANCE TAP (\$\$\$): Maple-syrup flavoured, great taste, smooth consistency, comprised of three ingredients (ginger, sea salt and maple syrup), all of which you can pronounce and don't end in "ine," "ate" or "trin." Plus, it's Canadian.

2. MAURTEN GEL 100 (\$\$\$): Flashy, cutting-edge technology and claims to allow up to 100g of carbohydrate absorption per hour through a blend of fructose and glucose.

3. GU ENERGY GEL (\$\$): 18 flavours (some extravagant, like birthday cake), more viscous than other gels (which can be problematic in the winter) and diet-accommodating (vegan and gluten-free options).

4. CLIF SHOT ENERGY GEL (\$): Eight flavours, recognizable brand, smart packaging to help limit littering and can be purchased in bulk (192 units).

5. POWERBAR POWERGEL (\$): Global brand recognition, eight traditional flavours and higher-caffeine options.

6. HONEY STINGER ORGANIC ENERGY GEL (\$/\$\$): Honey-based, six classic flavours, viscous.

7. HAMMER GEL (\$\$): Light consistency, which is advantageous in colder conditions.

8. HUMA CHIA ENERGY GEL (\$\$): Eight flavours, uses chia seeds as one of the primary ingredients.

9. GATORADE ENDURANCE ENERGY GEL (\$): Reputation as being the world's most popular sports endurance products, four classic flavours, difficult to get in Canada.

10. REKARB AND BRUX (\$\$): Two small Canadian operations whose products rely on the power of maple syrup.

As you can tell, the main differentiators among the various brands are flavour, dietary restrictions, consistency, ingredients and caffeinated versus caffeine-free. Most of the brands you see listed here are available direct to consumer or are available through an independent sportswear retailer, including Mountain Equipment Co-op, Running Room or Sportchek. One other small consideration is the packaging. A product like Endurance Tap, for example, has a twist-off cap so you can reseal the gel if you want to consume the product over a longer period of time. Products with a tear-off tab can be messy and limited to single-use only.

PRICE LEGEND

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\$\$ = \$2-3 per unit

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CHIPS, DON'T FAIL ME NOW: The author gives in to temptation, if only for a photograph.

BATTLE OF THE BULGE

A complicated relationship with food, explained

Probably the only thing about which I'm more compulsive than running is food.

I love to eat. I think about food all the time. It is my greatest indulgence, my biggest vice. For the most part, I lead a boring existence. My dear friend and trusted editor Ben had a dry January; I've had a dry millennium. I don't smoke or gamble. I don't drink coffee; in fact, the last time I drank something other than water, Justin Trudeau still had long, wavy hair. I don't even stay up past midnight on New Year's Eve.

But there is nothing dull about my relationship with food. My brain and stomach are in a constant and pitched battle, a never-ending struggle for supremacy between temptation and denial. Do I control food or does it control me?

At the heart of it all are two of my biggest desires, as incompatible as Trump and Pelosi:

I want to consume large quantities of my favourite foods. I savour a good meal and a delicious dessert. There's a gourmet donut shop to which I am constantly plotting my return. And yet, I also want to maintain the fighting weight I have reached incrementally over years of running and improved diet. Most of all I want to feel disciplined, like I'm in charge of whether I walk over to the cupboard, reach into the bag of chocolate chips and shovel another handful into my open gob.

If I ever achieve balance, it is fleeting, like leaning back and lifting the front of my chair off the ground to find a brief moment of equilibrium on the rear legs. In an instant, I'm back on one side or the other, either demonstrating obsessive willpower or binging on snacks or sweets.

Remember the science fiction that presumed one day we'd take a daily pill that

comprised the perfect blend of our nutritional requirements? I never bought that for a second. Food is so much more than fuel. It is everything from communal act to hedonistic pleasure to psychological crutch. I'd give up a lot of things before I'd surrender the experience of eating lemon cheesecake in exchange for a tablet full of protein and vitamins.

Food can also be the subject of our greatest self-deception, and runners are sometimes the most delusional. I once presumed that I could eat whatever I wanted and just burn it off. But exercise represents only a drop in the weight-control ocean. One serving of fries is more than enough to offset an 8k jog. Before I learned that lesson, I probably spent my running calories three times over, justifying one treat after another following a decent workout.

Fortunately, even if I lose the occasional battle, I seem to be winning the war. I weigh less at 50 than I did at 40. I've ditched the diet of my prolonged adolescence and I eat more fruits and vegetables and less red meat than ever before. After going oh-for-the-1990s on leafy greens, I actually crave salads today.

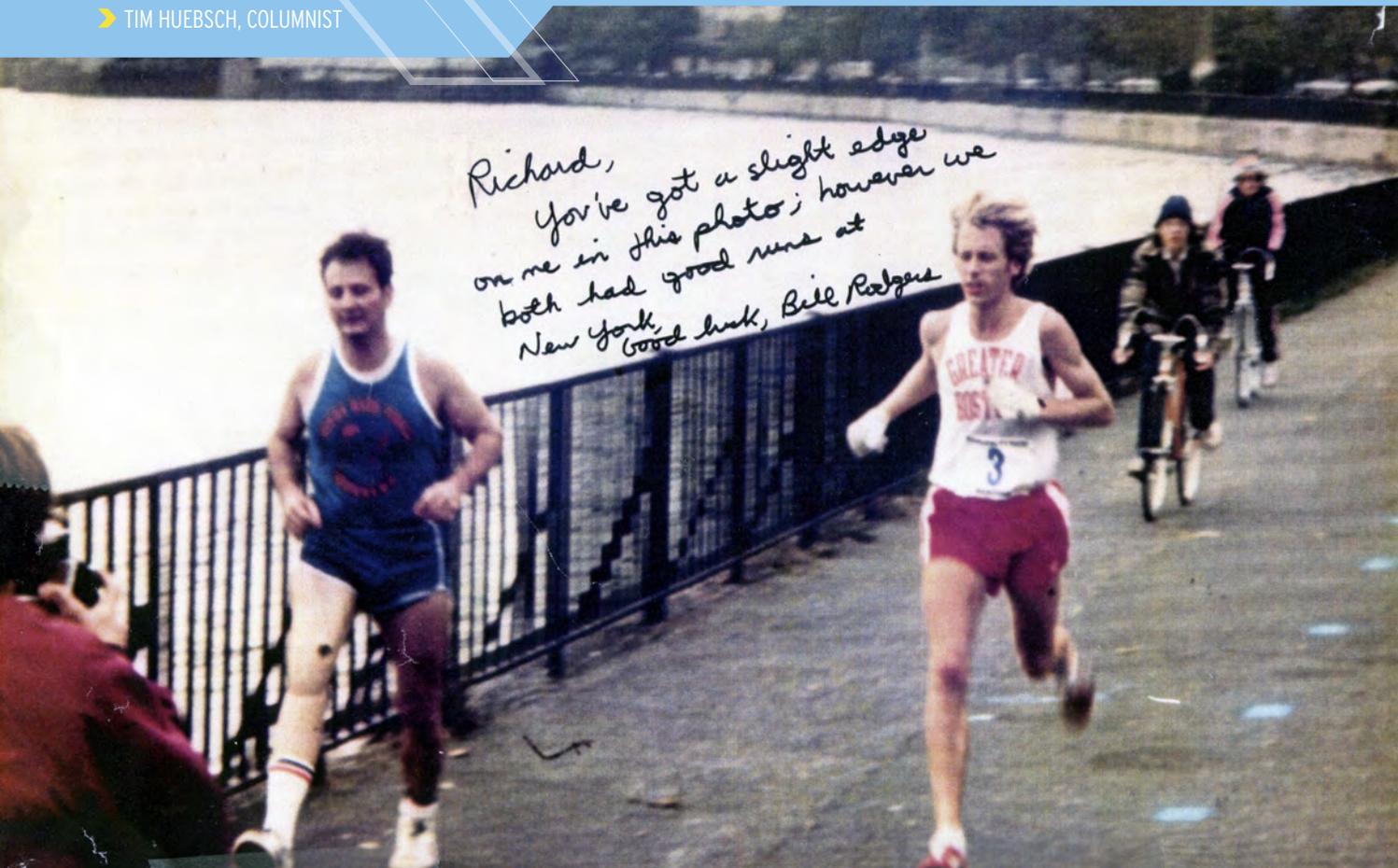
But just as I live in fear of one missed run leading to a downward spiral of laziness, I feel like a sugar junkie who is only one hit away from sliding down the slippery slope of cake and pie and scones and Smarties. I am constantly making rules—no food after 7:30 pm, no treats before dinner—and breaking them. I try to distract myself with work and other activities, but I can never completely tune out the siren call. My wife made cookies and I know there are exactly three in a tupperware on the counter right now.

Like so many things in life and running, I'm working on it. Sometimes you get the gummy bear; sometimes the gummy bear gets you.



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
SEE excerpts of his book: LongRoadtoBoston.com



ORIGIN STORY: Dick Traum racing Bill Rogers; New York Marathon, 1976.

ALL HAIL, ACHILLES!

Tim Huebsch applauds the St. Patrick's Day 5K, an iconic Canadian charity race

Rhonda-Marie Parke



Like a turkey trot to Thanksgiving or a resolution run to New Year's Day, races can be synonymous with cultural celebrations. The same can be said for the Achilles St. Patrick's Day 5K and its association with the green-themed day, particularly for Toronto runners.

This March 17, the event celebrates its 20th edition in support of Achilles Canada, whose mission is eliminate barriers to sport and enable anyone with a disability to participate in running. To date, \$2.9 million has been raised through the race's third party fundraising program. Talking to those closest to the race makes clear the fun-spirited nature of the event clear.

For the past 19 years, the Achilles' St Patrick's Day 5K has served as a kick-off to spring running, growing from 400-some runners to more than 2,100 at its peak.

The race's origins however date back much farther.

When amputee Dick Traum completed the 1976 New York City Marathon, becoming the first disabled runner with a prosthetic leg to complete the marathon, his story reached far and wide. A 1977 Runner's World article featuring Traum ended up in British Columbia spurring perhaps the most famous run in history. At

the time, a young man named Terry Fox was battling osteosarcoma. The night before the operation to remove his right leg, Fox's high school basketball coach showed him the Runner's World article. "If he can do it, why can't I?" Fox must have mused.

Years later, of course, Fox would become a national hero for his attempt to run across Canada with a prosthetic leg.

In the summer of 1981, Fox died, but not before the 22-year-old covered an incredible sum of 5,373 kilometres during his run. That summer, Traum was asked to be a part of the first-ever Terry Fox Run. Inspired by the sheer number of disabled people who took part in the fundraising event in Canada, Traum returned home to New York where then-New York City Marathon director Fred Lebow encouraged him to recruit disabled runners for the marathon. So, Traum, a business entrepreneur by trade and current CEO of Achilles International, formed the Achilles Track Club in 1983.

Fast forward 17 years. A new race was coming to Toronto.

In 2000, the Achilles team rechristened the St. Patrick's Day 5K from Running Room Canada and it was held for the first - and only

PHOTOGRAPHS COURTESY OF ACHILLES ST. PATRICK'S DAY RACE

- time around St. Lawrence Market, a bustling complex east of downtown Toronto. Participation hit 497 that year, and close to doubled the following year to 817.

“I think what’s most important about the Achilles St. Patrick’s Day 5K is it encourages anyone with a disability to integrate with able-bodied runners,” Traum says, looking back.

The following year was notable for two reasons. Steam Whistle Brewing partnered with the race and continues to host the thousands who come out in support. The brewery also provides one of the most bizarre and unique prizes to the race winners: their weight in beer.

The second defining feature was that the start and finish line moved to Bremner Boulevard, outside of Steam Whistle Brewing and at the base of the CN Tower. And although the race is billed as more of a fun run than competitive, make no mistake, you can run fast on the out-and-back course. Some fast names sit atop the record books, including Josh Bolton (15:15) and Martha MacDonald (17:25).

Halfway through the 2000s, Matt Leduc won the race for the first time. Leduc is the winningest runner in the event’s history having won five times including three in a row (2014-2016).

Duff McLaren, unofficial race historian and jack of all trades in helping organize the race, speaks highly of 2007. One highlight stands out. “A kinesiology teacher brought 500 of his students,” he says, adding that the teacher said, “the kids have to run a race to know what to expect from runners [one day].” Runners, after all, are one-of-a-kind.

“This was also the year that we had a wall of Lucky Charms cereal,” he says. Cereal: a sure-fire way to a runner’s heart.

McLaren is the vice president of Achilles Canada and has run the race once—in 2000—as his organizing duties trump participation. “I went down to see if I could act as a guide,” he says. It turns out that McLaren was the first guide to do the race, and Richard Holloway, whom McLaren guided, was the race’s first visually-impaired runner. “As an able-bodied athlete we take for granted everything running involves,” he says. “As a guide, you appreciate how unique being a visually impaired athlete is.”

In 2008, the race returned to its current home at Roundhouse Park. That year, race president Brian McLean recalls what he considers one of the race’s great moments. Jody Mitic, a former Canadian Forces member who lost both of his legs in a landmine explosion, ran 5K for the first time using prosthetic legs. He



STREETS OF GOLD: Runners take Toronto to raise money at the epic Achilles St. Patrick’s Day run.

and more than 100 others ran and walked the race raising more than \$100,000 in support of St. John’s Rehab.

In the early 2010s, Rhonda-Marie Parke, who is legally blind, began her string of regular appearances—although 2019 could be her last. During a 2018 fundraiser for Achilles, which included running 505 kilometres across Tennessee, she suffered two stress fractures and is at risk of ending her running career if she chooses to race shortly after ankle surgery. “I’ll be running the Achilles 5K with my team and family as a celebration of all that a decade of running has given me,” she says. “It will most likely mark my last running event for quite some time, maybe forever. Achilles Canada has always been family. I’m grateful for their efforts to change the general mindset on inclusion.”

Achilles Canada, which offers weekly run clinics for disabled athletes, provided Parke the resources to begin running.

“I never thought, being legally blind, that I would be able to run,” Parke says. “They [Achilles Canada] worked with me to learn not only how to run, but how to be guided on a run.”

Closer to the current day, those who ran in 2017 are likely still thawing. Temperatures dipped to as low as -15 C. “Many of the runners huddled in the entrance to the parking garage waiting for the gun to go off,” recalls Kim Umback, an Achilles Canada member who has raced just about every year since 2008.

That same year, a new fundraising record was set as the race raised \$320,000 for charitable



organizations. Individually, former Senator and Canadian Foundation for Physically Disabled Person chair Vim Kochhar raised \$62,000 for Ryerson’s scholarship program for students with disabilities. CFPDP currently sponsors the race, as do HomeEquity Bank, Steam Whistle, Lumency and CNIB Phone It Forward.

Now for 2019, this year’s race is approaching quickly. On March 17, despite being around for 19 years, the event will have another first backed by popular demand: a 10K.

This year’s 5K/10K luckily coincides, to the day, with St. Patrick’s Day. So, run for the inclusion of athletes of all abilities, be a part of the race’s rich history, and enjoy a cold beverage or warm Irish stew to kick off your St. Patrick’s Day.

To make a difference this spring, go to achillesstpatricksdays5k.ca.



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DOES A BODY GOOD

A mom takes a trip to an organic Ontario dairy farm to see how healthy food is made

By Ben Kaplan

Shamsi Ladak is a 37-year-old mother of two who takes her health very seriously. A marathon runner, she's currently training for her first ultra, and when she's not teaching high school science and physical education in Toronto, where she also organizes Friday night workouts for her fellow teachers, she likes to make her family homemade meals. Recently, Ladak was persuaded by a naturopath to avoid dairy products. However, when she met with a nutritionist, Eric Williamson with the University of Toronto's Faculty of Kinesiology & Physical Education, he reinstated dairy into her diet. She immediately felt stronger. She said the difference was stunning. And she began to hit personal bests.

"Dairy helps me get my protein and it has such good healthy fats that when I changed my diet, it was like night and day—I was so surprised, and I felt so much better," says Ladak, who runs six

days per week before her children awaken, often leaving the house at 5 a.m. "I began working with MyFitnessPal and measuring the grams of protein, carbohydrates and good fat that I ate and I found that, with dairy, there were so many important nutrients I was receiving that I couldn't get from things like supplements and almond milk."

Dairy has had a rough ride since the Canada's Food Guide updated its recommendations, removing dairy from a food group and recommending water as the drink of choice. Of course, milk has long been associated with a runner's recovery, and dairy products like eggs and Greek yogurt also contain the type of good fats and protein the body needs. While Olympic runners (and moms) like Melissa Bishop and Krista DuChene have come onboard as vocal dairy defenders—if such a category even needs to exist—Ladak decided she wanted to



ANIMAL LOGIC: Natural food is the best food, says Shamsi Lodak, a mother training with dairy for her first ultra marathon.

see how organic dairy products were made and took a recent trip to the source. She drove about 120 kilometres north of Toronto to the Mapleton's Organic Dairy Farm, where Martin de Groot and his daughter Arwa have ruled the roost for nearly 40 years. Their farm is practically an advertisement for a healthy, all-natural life.

"Trends come and trends go, but that means very little to us, because we know how good natural food really is," says de Groot, who took us on a tour of his working farm, where goats, sheep, turkeys and chickens all live in harmony with almost 90 cows. "We're environmentalists and farmers and everything we do—from what

"It's just so simple. We are what we eat."

we feed the animals to how we treat them to how we power our farm—is in harmony with nature and all-natural, GMO-free. We know how good dairy is because we know that the best food is real."

Williamson, the UFT nutritionist, conducted a study recently written up in *Runner's World* showing that protein requirements are higher than what athletes are currently consuming for optimal performance. Most athletes currently consume 1.2 g/kg (females) to 1.6 g/kg (males) of protein, but he suggests 1.8 g/kg would be better. Not surprisingly, dairy is a terrific—clean—protein source.

"There is an overwhelming amount of support for the outcomes of good health from dairy," Williamson says. "It has lots of great things that runners need, like protein, calcium and vitamin D, but it also other minerals that can be hard to find elsewhere."

Those other minerals could be the X factor, and scientists are working hard as we speak to find out exactly what the hidden molecular properties are. However, walking around the Mapleton's Organic Dairy Farm, it's hard not to be seduced by the peacefulness and simple harvest. While Bliss, their Australian Shepherd, roams freely throughout the grounds, we see the animals and the solar power and the silos where their homegrown feed is preserved for the winter. When Ladak enters the oversized barn, her decision to return to dairy seems reinforced. It's not just personal bests that she's after; she wants to feel good, and feel strong. "It's just so simple," she says. "We are what we eat."

Dr. Brian Roy is with the Department of Kinesiology at Brock University in St. Catharines, and, for him, a runner's decision to choose dairy comes down to our energy needs. "Dairy is energy-dense and nutrient-beneficial and we've seen studies that show athletes who consume dairy lose body fat and gain lean mass," says Dr. Roy. "It's also a complete food with no additives or antibiotics, and a clean, consistent product that's inexpensive and available everywhere. I feel comfortable recommending dairy for almost anyone."

For Shamsi Ladak, the decision to switch back to dairy for her ultramarathon training was easy. Her relationship with Eric Williamson has become closer and together they're coming up with the right food combination to prepare for her ultramarathon in Niagara Falls in October. On the bucket list is qualifying for Boston, and seeing as many girls as possible participate on her cross-country team. The energy she's receiving from dairy is working. Martin de Groot doesn't think the way a runner should eat is really that complex. "The problem I have is with anyone who takes things to extremes—meat, veggies and dairy, everything in moderation, that's how you eat healthy," he says. "Dairy is an all-natural food and you know where it comes from. It's nature's perfect food, and it doesn't get any better than that."



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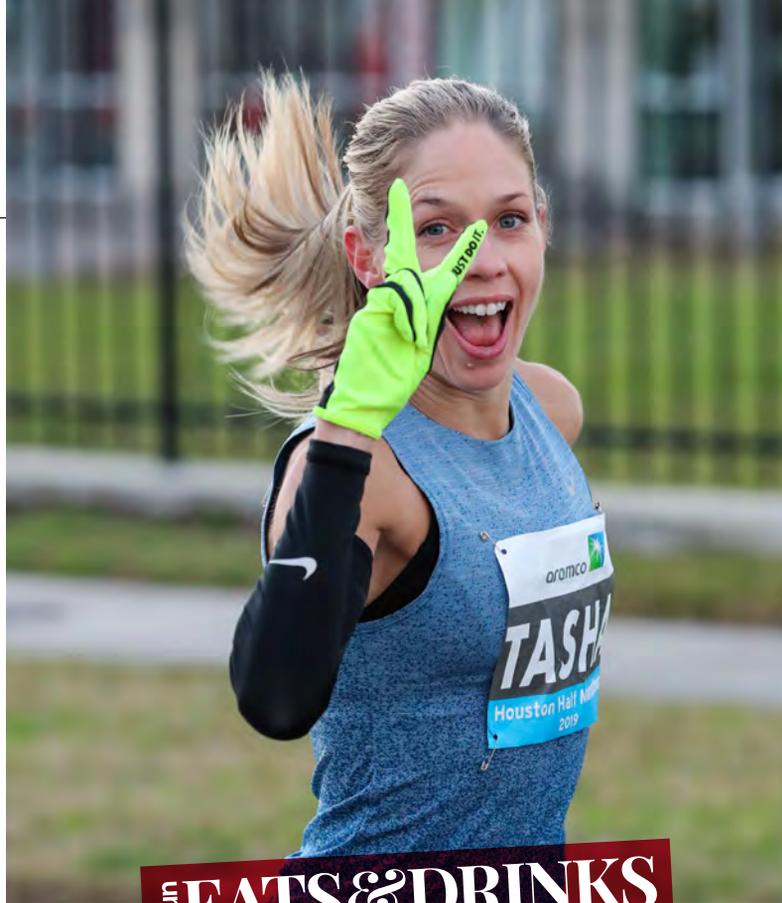
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PEACE OF MIND: Wodak en route to a 47 second personal best, 25 seconds off the Canadian half marathon record in Houston on January 20.



iRun **EATS & DRINKS**

NATASHA WODAK EATS HER HEART OUT

HOW CANADA'S FAVOURITE OLYMPIAN LEARNED TO STOP WORRYING AND ENJOY THE WINE

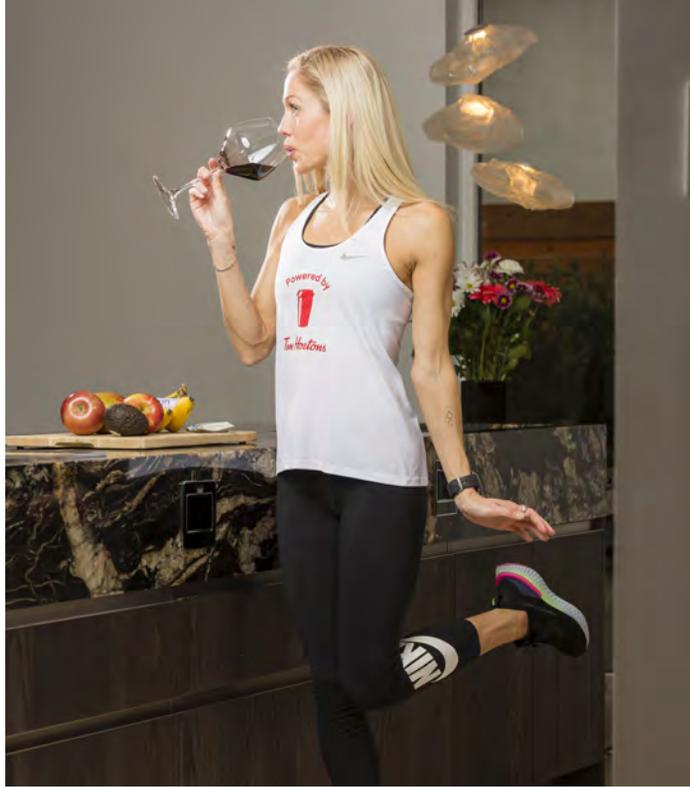
BY TANIA HAAS

At 37, Natasha Wodak says she's no spring chicken. But the 2016 Olympian and Canadian record holder in 10,000m and 8K has a renewed exuberance on the track, one that is often limited to young athletes unaware of the challenges ahead.

Don't let this Vancouverite's beauty fool you. T-Fierce, as she's called by her friends, is no naïf. She's a veteran elite runner who's been through the ringer to find her resilience. Now, with Tokyo 2020 in her sights, she's enjoying this new chapter and making sure to take the necessary rest—and eating and drinking breaks along the way.

NEW BEGINNINGS: A power breakfast bowl (when there's time)

Wodak's favourite breakfast involves Greek yogurt, strawberries, raspberries, blueberries, mango, kiwi, and granola. But if she's in a rush, it's just a Clif bar and coffee (one milk, one sugar). Her go-to coffee is the double-double at Tim Hortons, and she loves supporting the Canadian company, where she often drops in with family and friends. She says that her flexibility in dietary expectations, and expectations in general, is one of the mindset shifts she credits with her recovery and success over the last three years.



In 2016, Wodak returned from the Olympics injured, unhappy, and unsettled. She underwent foot surgery, changed coaches, embraced cross-training and more rest days, and she started to manage her anxiety. She began a new romantic relationship and reconnected with friends. She practised yoga more regularly and began meditating. Soon, she noticed a transformation not just in the way she ran, but also in the way she thought.

“Before, I felt more guilt,” says Wodak from her home in North Vancouver. “I would say to myself ‘Better runners wouldn’t be resting, or wouldn’t be eating like this. Better runners would be training better than this.’ Now, I have a new perspective. I don’t live a life where I can’t enjoy things. I don’t go overboard, but I’ll enjoy that glass of wine or that cupcake. I don’t go overboard in my training either.”

This “do more of what makes you happy” outlook is directly linked to a “less is more” training championed by Wodak’s coach of two years, Lynn Kanuka, an impressive Canadian athlete and fitness/coaching entrepreneur in her own right. An Olympic Bronze medalist (1984) and Canadian record holder in the 1500m, Kanuka arguably established cross-training, especially deep water running, as an acceptable pillar of training for runners.

“Tash cross-trains at least three times a week, and if there are any niggly aches or pains from workouts, it’s almost 100% because of the tremendous impact that running fast, hard, and long demands. So we go right into the pool or on an elliptical and take a day or two away from the heavy impact of running,” says Kanuka.

Kanuka subscribes to the Rule of Too’s, according to Andrew Miners, Director of Sports Therapy and Rehabilitation at Medcan and a specialist in sport injury and physical rehabilitation. “Most running injuries are a result of overuse and muscle fatigue. Going too long, too hard, too much, or too soon,” says Miners.

With all athletes, recovery time is an important part of the periodized microcycle, according to Matthew Daher, a sport science consult to Ontario Soccer and a registered kinesiologist at Medcan. “Athletes need to ensure adequate rest between training sessions, es-

pecially after heavily training loaded sessions/days. Also important is having an appropriate physical development program to complement their specific sport training. With aging athletes, this becomes even more important due to the decreased recovery time between training sessions and the increased toll that sport has on their bodies over the years. This will help ensure better longevity and decrease the risk of injury, and can also help improve performance in sport when executed correctly.”

Kanuka adds that Wodak now has years and years of mileage and training in her back pocket and can get to an incredible place of fitness quite quickly, as long as she stays healthy.

“The challenge now is to bring about those fine details that will allow her to perform her best results.”

MORE CARBS PLEASE: We’ll have the pasta or steak frites

Tasha doesn’t remember exactly what she ate after her personal best Houston half marathon in January, but she’s pretty sure she and her boyfriend celebrated with red wine and a nice meal at their local Cactus Club back in Vancouver. Their regular dishes include pasta, steak frites, or Raincoast salad with chicken breast and avocado.

Alan Baggoo, Wodak’s partner since 2016, tells me that Barolo is usually reserved for special occasions, while their normal go-to red is an Okanagan Pinot Noir.

Wodak was the first Canadian woman across the line in Houston, finishing in 1:10:33, which is a 48-second personal best and just 25 seconds off Rachel Cliff’s Canadian record of 1:10:08, set in 2018. “Natasha adds depth to any field, and by choosing to compete in Houston helps to elevate our race globally,” says Muffy King, Houston’s race director. “We are excited to see how the hard work pays off for Natasha in the future and we hope she will continue to select Houston to achieve more milestones in her career.”

The milestone in Houston followed her standout 10,000m performance last July at the Commonwealth Games in a field dominated by Ugandan and Kenyan runners. While she missed out on a medal, she ran her fastest at the end of the race—uncovering a new clip, and confidence. Kanuka says Wodak’s the fastest she’s ever been.

Baggoo, a physician and surgeon who specializes in orthopedic trauma, says Tasha’s transformation started inward and has manifested on the track.



“Natasha has become more secure in herself. Any manufactured bravado has been replaced with a genuine comfort with her own self and her own abilities. She doesn’t need external reinforcement of her worth as a runner or a person,” says Dr. Baggo. “Resilience is a valuable trait. Natasha has that in spades. When returning from injury, she started small, stayed positive, and celebrated the process.”

Kanuka agrees.

“Tasha is so herself and loving everything in her life right now. When we first began working together, she felt broken and she was done with the Olympics. Now, she loves to run again. She has a newfound confidence in her training and racing, especially her ability to finish. She’s back, she wants another World’s this summer, Canadian records in the 10K and half marathon, and then the Olympics in 2020. We’re going for it all!”

Not bad goals for a non-spring chicken. But Wodak says running no longer defines her identity, and she leaves plenty of room for play and rest.

FREEDOM FRIDAYS: Creamy nutter or Acai smoothie followed by a cookie

As part of Wodak’s mental health regime, she took up yoga. The meditation and gentle movement were introduced to her by friend Katherine Moore, a competitive distance runner who has been practising yoga for almost 20 years. Moore teaches the yoga class Wodak takes.

“As runners, we are not flexible and we have to learn that the more we relax and breathe in yoga, the easier it becomes. We also love to push ourselves, so I do have to occasionally remind Natasha to do less in class,” says Moore.

Fridays are usually both women’s day off running, so they tend to take yoga class together followed by a smoothie break at Glory Juice nearby. Sometimes these sessions include a chocolate chip cookie from JJ Bean.

“I named her T-Fierce not so much because of her competitive ath-

leticism, but after an incredibly fun night out. She was having such a great time on the dance floor that I told her she was like Beyonce’s alter ego reserved strictly for the stage: Sasha Fierce. It’s her stage name.”

EXCITING RACES AHEAD IN 2019

Wodak will be using her alter ego quite a lot in the coming months. After training sessions in Phoenix, she is preparing for a 5K in Vancouver, the World Cross Country Championships in Denmark, and World’s this summer.

While the months after the 2016 Olympics were low and dark times for Wodak, they allowed her to regroup and start again. She admires runners like Shalane Flanagan, 37, or Sinead Diver, 42, who show that like a fine Barolo, they get better with age.

“Thankfully, I’ve had good coaches all my career that never ran me into the ground. I’m running and training at a level like never before. And I enjoy my wine.”

In other words, Tasha-Fierce likes her cake and eats it too.

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RUNNING KITCHEN CONFIDENTIAL

Anna Lee Boschetto gets the best recipes for race day from the culinary pros in the know

When it comes to cooking, we all get stuck in a rut. Spring is the perfect time to start fresh with some new recipes. But don't worry, it won't take you a ton of time to get up to speed. We've done the work for you and pored over some of the best cookbooks from top chefs and food writers to give you a taste of what's inside. And if you want more, go to iRun.ca to find additional recipes, chef tips and more.

YOUR POST-LONG RUN BRUNCH Coconut Banana French Toast with Strawberry Ginger Butter and Maple Syrup
(Recipe from: *The Vermont Non-GMO Cookbook* by Tracey Medeiros (Skyhorse Publishing, October 2017))

Serves 6

In this dairy-free and gluten-free recipe, turmeric and banana work together creating the batter that usually uses eggs in a traditional French Toast recipe.

2 medium bananas, peeled and coarsely chopped, preferably Fair Trade
¼ cup organic coconut sugar
1 12-ounce can unsweetened organic coconut milk
1 cup unsweetened organic shredded coconut
2 tablespoons organic ground cinnamon (start with 1 tablespoon)
½ teaspoon organic ground nutmeg (start with ¼ teaspoon)
1 teaspoon organic pure vanilla extract
½ teaspoon organic turmeric
4 ½ cups organic soy milk
8–12 1-inch-thick slices day-old bread, such as millet or country bread
Pure Vermont maple syrup
Strawberry Ginger Butter

1. Preheat the oven to 200 degrees

Fahrenheit. Lightly grease an ovenproof baking dish. Set aside.
2. Place all ingredients for the batter in a blender and blend until smooth. Pour the batter into a large bowl, cover with plastic wrap and chill in the refrigerator overnight.
3. Pour half of the batter into a 9-by-13-inch baking dish. Working in batches, place the bread slices in a single layer in the batter and gently press on the bread to allow it to absorb the liquid. Add additional batter to the dish as needed.
4. Generously spray a large, non-stick skillet with cooking spray and heat over medium heat. Shake off the excess batter from the bread, then place the bread slices in the skillet in a single layer. Cook until golden brown on both sides, about 3 minutes per side. Transfer to the prepared baking dish and keep warm in the oven. Repeat this step with the remaining bread slices. Serve with strawberry ginger butter and maple syrup.



Strawberry Ginger Butter

2 cups organic Earth Balance or another nondairy butter, at room temperature
3–4 fresh strawberries, hulled and coarsely chopped
1 tablespoon organic ginger powder
1 tablespoon organic confectioners' sugar
1 teaspoon organic cinnamon powder
1 teaspoon finely grated orange zest

Place all the ingredients in a food processor and pulse until smooth, scraping down the sides of the bowl as needed. Transfer the butter to a sheet of plastic wrap and roll into a log. Chill in the refrigerator for 1–2 hours.



MORE THAN JUST SALAD Grilled bread salad with broccoli rabe, cherry tomatoes, and parmigiano-reggiano cheese
(Recipe from: *The Vermont Non-GMO Cookbook* by Tracey Medeiros (Skyhorse Publishing, October 2017))

Serves 4

This easy-to-prepare salad has lots of flavors, from the slightly bitter tasting broccoli rabe to the mildly sweet tomatoes, as well as bright citrus notes from the lemon juice. The assortment of colored tomatoes makes a striking contrast with the green broccoli rabe.

1 pint multi-coloured heirloom cherry tomatoes

2 bunches broccoli rabe, thick ends trimmed

3 tablespoons extra-virgin olive oil, or as needed, divided

2 whole lemons, tops and bottoms trimmed, cut lengthwise in half, seeds removed

½ tablespoon granulated sugar

4 bread slices, such as country-style, cut into ½-inch-thick slices

1 tablespoon thinly sliced fresh purple or green basil leaves

2 medium garlic cloves mashed into a paste

4 tablespoons freshly grated Parmigiano-Reggiano cheese

Sea salt and freshly ground black pepper

Skewers

1. Presoak bamboo skewers for 30 minutes or have ready metal skewers. Slide the tomatoes on skewers. Set aside.
2. Heat a gas or electric grill to medium heat and generously brush the cooking grate with oil.
3. Place the broccoli rabe in a colander and wash well under cold running water. Run a knife down the center of any thick stalks, more than ½-inch thick, leaving the stems intact at top. Drizzle with olive oil and season with salt and pepper to taste. Set aside.

4. Brush the lemons with ½ tablespoon olive oil and season with salt and pepper to taste. Place the sugar on a small plate and dip each of the lemon halves, cut side down, into the sugar. Grill the lemons cut side down until golden brown at the edges, about 5 minutes.

Using tongs, carefully flip the lemons over and grill for 2 more minutes. Remove from the grill and set aside. When cool enough to handle, squeeze the lemon juice into a small bowl.

5. Generously brush both sides of the bread slices with olive oil and season with salt and pepper to taste. Grill the bread, flipping once until crisp and golden brown, about 4 minutes per side. Transfer to a plate and allow to cool.

6. Meanwhile, arrange the broccoli rabe in a single layer across the grill grate. Grill, turning often, for about 4 minutes. Transfer to a large bowl.

7. Brush the tomatoes with ½ tablespoon of olive oil and season with salt and pepper to taste. Arrange the tomato skewers evenly across the grill grate. Grill until nicely blistered in spots, about 5 minutes. When cool enough to handle, carefully remove the tomatoes from the skewers into the bowl with the broccoli rabe.

8. Cut bread slices into ½-inch cubes and add to the bowl with the vegetables. Add the basil, garlic, and 3 tablespoons of lemon juice, tossing until well combined. Arrange on a decorative platter. Drizzle with additional olive oil and lemon juice, if desired. Top with cheese. Adjust seasonings with salt and pepper to taste. Serve at room temperature.



YOUR VEGAN-FRIENDLY OPTION Chipotle Jackfruit Tacos

(Recipe from: *Recipe from Clean Enough: Get Back to Basics and Leave Room for Dessert* By: Katzie Guy-Hamilton, 2019)

Serves 4

The mark of a great taco is a hearty mix of textures and flavours, and this easy recipe featuring Spicy Jackfruit is the real deal. These tacos are enhanced with a little kick of chipotle heat—chipotle is a dried and smoky variety of jalapeño pepper. You can substitute the chipotle paste for another chili.

vegetable oil

2 400g cans green (young) jackfruit in brine, drained

150ml water or vegetable broth

For spice mix:

2 garlic cloves, crushed

1 teaspoon grated fresh ginger or ground ginger

2 tablespoons nutritional yeast (optional)

1 tablespoon dried oregano

1 tablespoon chipotle paste

1 teaspoon smoked paprika

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon ground cinnamon or raw cacao powder

¾ teaspoon salt, plus extra to taste

¼ teaspoon freshly ground black pepper

2 tablespoons red wine vinegar

2 tablespoons olive oil

To serve:

8 corn tortillas

lime wedges

Nutritional yeast to sprinkle (optional)

150ml dairy or vegan sour cream

Hot sauce, containing jalapeños or habanero chillies

Toppings:

Serve with fresh salad toppings of your choice, such as chopped or sliced avocado, red onion, peppers, tomatoes, cucumber, cabbage and baby spinach

1. In a bowl, mix together all the ingredients for the spice mix into a paste.

2. Heat a frying pan over a medium heat. Add a drizzle of vegetable oil and then the spice mix and break it up with a wooden spoon. Add the jackfruit and fry, stirring, for 2–3 minutes until it is well coated with the spice mixture.

3. Add water and let the jackfruit simmer and reduce in the spice mix for 20 minutes; if the pan dries out too quickly, add a little more water. Taste and adjust the seasoning with salt, then set aside.

4. Fill the tortillas with the jackfruit and fresh salad toppings and serve with lime wedges, nutritional yeast, sour cream and hot sauce.



BOOST YOUR WINTER WEATHER IMMUNITY Butternut Squash Boats
(Recipe from: *Clean Enough: Get Back to Basics and Leave Room for Dessert* by Katzie Guy-Hamilton, 2019)

Serves 4

With its natural sweetness, butternut squash is packed with the vitamin C runners need to stave off colds this season. Plus, the nutty pumpkin seed and date cream and nuts adds a sweet and satisfying richness.

2 baby butternut squash, halved lengthways, seeds and membrane removed
olive oil, for drizzling
a generous handful of torn cavolo nero (black cabbage or kale), stems removed
nuts, crushed
salt and freshly ground black pepper, to taste

Pumpkin seed and date cream:

2 tablespoons pumpkin seed butter or other nut butter, such as almond butter or tahini
2 Medjool dates, pitted
2 tablespoons lemon juice
1 tablespoon orange blossom water (optional)
¼ teaspoon ground chilli pepper
½ teaspoon salt
2 garlic cloves, crushed
50ml extra virgin olive oil

1. Preheat the oven to 200°C/gas mark 6. Line a large baking tray with baking paper. Arrange the butternut squash halves on the lined tray, cut side down, drizzle with olive oil and season with salt and pepper. Bake for 30 minutes, then flip the halves over and bake for a further 10 minutes or until cooked through.
2. Mix the ingredients for the pumpkin seed and date cream in a food processor and whizz for a few seconds. Add small amounts of water until you reach your desired consistency. Transfer to a bowl and cover until serving. The cream can be prepared a day ahead and stored, sealed, in the fridge.
3. Heat a frying pan over a medium-high heat. Drizzle in a small amount of olive oil, add the cavolo nero and cook for about 1 minute, turning over halfway through, just until crispy but not burnt. Sprinkle with salt to taste.
4. Transfer the butternut squash boats to a platter. Top with the crispy cavolo nero. Sprinkle with crushed caramelized nuts and drizzle with the pumpkin seed and date cream.



YOUR TIME-SAVING, NO-COOK DINNER Eat the Rainbow
(Recipe from *Clean Enough: Get Back to Basics and Leave Room for Dessert* by Katzie Guy-Hamilton, 2019)

Makes 8 servings

Earthy grated sweet potato mingling with the sweet and juicy grated or peeled carrots. Despite being a raw salad, it's satisfying while cleansing and vitamin-packed.

Pickled tea raisins (see note):

¾ cup (180 ml) white balsamic vinegar
2 tablespoons dried chamomile tea flowers
1 cup (180 g) organic golden raisins
1 cup (180 g) organic dark raisins

Salad:

About 11 ounces (300 g) raw sweet potato, peeled and grated on a box grater (2 cups)
2 tablespoons extra virgin olive oil
2 tablespoons tahini paste
2 tablespoons white wine vinegar
1 teaspoon ground coriander seeds
1 teaspoon ground cumin
½ teaspoon Himalayan pink salt
About 11 ounces (300 g) carrots, grated or peeled into long ribbons (2 cups)
2 tablespoons thinly sliced scallion (green part only)
1 cup (60 g) fresh parsley leaves, roughly chopped
½ cup (20 g) fresh cilantro leaves, roughly chopped
Super Seed Blend, optional

1. To make the Pickled Tea Raisins: Place the vinegar, chamomile, and ¾ cup water in a small saucepan and bring to a simmer. Turn off the heat and allow to steep for 5 minutes.
 2. Combine the raisins in a heatproof bowl. Strain the liquid and pour over the raisins. Place in a container in the fridge to cool and hydrate. Store in the cooking vinegar for up to 2 weeks, squeezing the raisins of excess liquid before use.
 3. To make the salad: Place the grated sweet potato in ice water to release excess starch. Squeeze and pat dry on a clean kitchen towel.
 4. Whisk together the olive oil, tahini, vinegar, coriander seeds, cumin, and salt in the bottom of a salad bowl.
 5. Add the carrots, scallion, sweet potato, and 1 cup (160 g) of the Pickled Tea Raisins. Toss to combine well. Add the parsley and cilantro leaves and toss again.
 6. Serve immediately or store in the fridge to hold. Before serving, top with Super Seed Blend, if using.
- Note:** You will have leftover Pickled Tea Raisins (this recipe makes 3 cups/300 g), which I love on a good bread with a schmear of ricotta, some honey, and walnuts.



END OF THE ROAD: Krista DuChene cuts the tape in 29:55 taking first female at January's Robbie Burns 8K in Burlington.

KRISTA DUCHENE TAKES A BITE OUT OF CANADA'S FOOD GUIDE

A common sense approach to the way we eat now

What's big in the Canadian Registered Dietitians' world of nutrition? We have a new Food Guide! I must admit, I didn't pay much attention to the hype about what we could expect to see with the newest guide since 2007. So when it was released a few weeks ago, it was all new to me. I could look at it objectively and form my own opinions. So here are some thoughts around Canada's new Food Guide.

Out with the previous guide, which was often confusing. Formerly consisting of a specific number of servings from four food groups, the previous version has been replaced with a simple plate diagram including one half vegetables and fruits, one quarter protein foods, and one quarter whole grain foods.

Relax people, it's just a guide. We need to step back and look at the big picture. The guide is meant to assist us in choosing what and how we eat most of the time, not all of the time. It's not prescriptive or rigid, nor is it meant to shame, guilt, upset, or offend.

It's not that new. I've been teaching people to balance their meals with ¼ whole grain,

¼ protein and ½ vegetables (I often say, "quarter, quarter, half") using the plate model created by Diabetes Canada. I often tell people that we should eat like we have or are going to have diabetes. I've also been using the 2014 Brazilian Food Guide to explain the importance of eating more natural and minimally-processed food, and less processed and ultra-processed foods. Choose the bowl of oatmeal, whole fruit and plain Greek yogurt over the packaged oatmeal bar, juice and sweetened yogurt.

Make it work for you. It is designed to help meet the needs of millions of Canadians, but it doesn't make everyone happy. If you want bok choy, okra, rice, and fish over spinach, eggplant, noodles, and tofu, go for it! No two meals need to be identical.

It doesn't mean you shouldn't have certain foods you don't see in the guide. Nor does it mean you should only choose foods you see in the guide. There are no "good" or "bad" foods. Make choices based on your own personal needs, preferences, culture, budget, and traditions.

There are over 20 different foods on the

balanced plate in the new Food Guide. This doesn't mean we need to include that many different foods at our meals, it's simply giving us a variety of ideas. If you want three smaller sized protein foods at one meal and one larger size protein food at another, that works!

Just because it says, "Make water your drink of choice," doesn't mean you can't have milk. The milk has simply been moved over to the protein foods section. There are lovers and haters of milk. I'm a lover for its taste, calcium, protein, and hydrating factors, so will continue to drink it with my meals. I'll keep drinking water between my meals and snacks throughout the day.

Although plant-based proteins are emphasized, one doesn't need to stop eating foods rich in heme iron, such as meat, fish, and poultry. Your day could include a lunch with bean and legume chili and an afternoon snack of your favourite nuts and seeds, followed by a dinner with roasted turkey or beef.

It's about proportions, not portions. Follow the "quarter, quarter, half" guide whether you're having a light or large meal, on a small, medium or large plate. Aim to make your table, grocery cart and kitchen also follow the "quarter, quarter, half" layout. With every protein and grain, include two vegetables, most of the time.

Although classified a vegetable, potatoes should be placed in the whole grain section. This is due to their starchy carbohydrate content.

Frozen produce is just as nutritious as fresh. Think beyond the pictures to make accessible and affordable choices with the new Food Guide.

I'm pleased with the new Canada's Food Guide and will use it both professionally in my dietetic practice as well as personally, at home with my family and as an athlete. A few last thoughts:

- Be mindful of your eating habits.
- Cook more often.
- Enjoy your food.
- Eat meals with others.
- Use food labels.
- Limit foods high in sodium, sugars or saturated fat.
- Be aware of food marketing.

Krista DuChene, Olympian, holds the second-fastest female Canadian marathon time. In April, she finished third female at the Boston Marathon. Her website is KristaDuChene.com.



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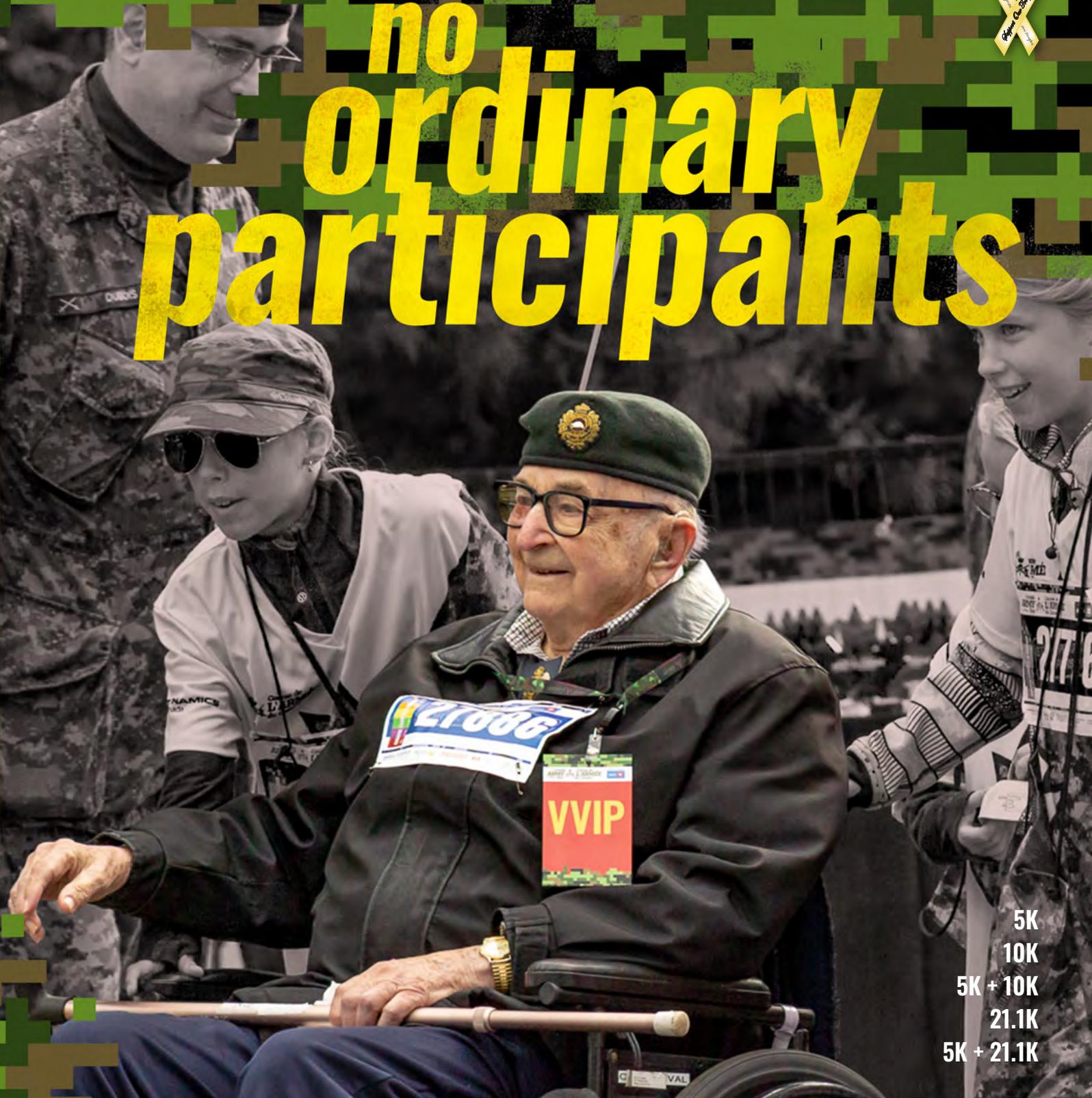
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EAT YOUR WEED-IES

Kate Robertson takes a bite out of what the future of edibles might mean to runners

Will health-conscious Canadians have an appetite for cannabis-infused edibles and beverages when they're legal? Some of the world's largest drink companies are banking on it.

This past December, Budweiser makers Anheuser-Busch signed a \$100 million joint venture with west coast marijuana cultivator Tilray to develop non-alcoholic, cannabis-infused drinks; Molson Coors Canada joined forces with Quebec-based HEXO in a similar deal in August; and Constellation Brands, makers of Corona, increased its stake in Smiths Falls, Ontario, giant Canopy Growth by \$5 billion from 9.9% to 38%.

Those companies have seen revenue decrease by as much as 4.4% in some American states where cannabis is legal, and a 2017 study by Deloitte predicted the same trend will happen in post-prohibition Canada. But the beer-makers aren't just hedging their bets on stoners.

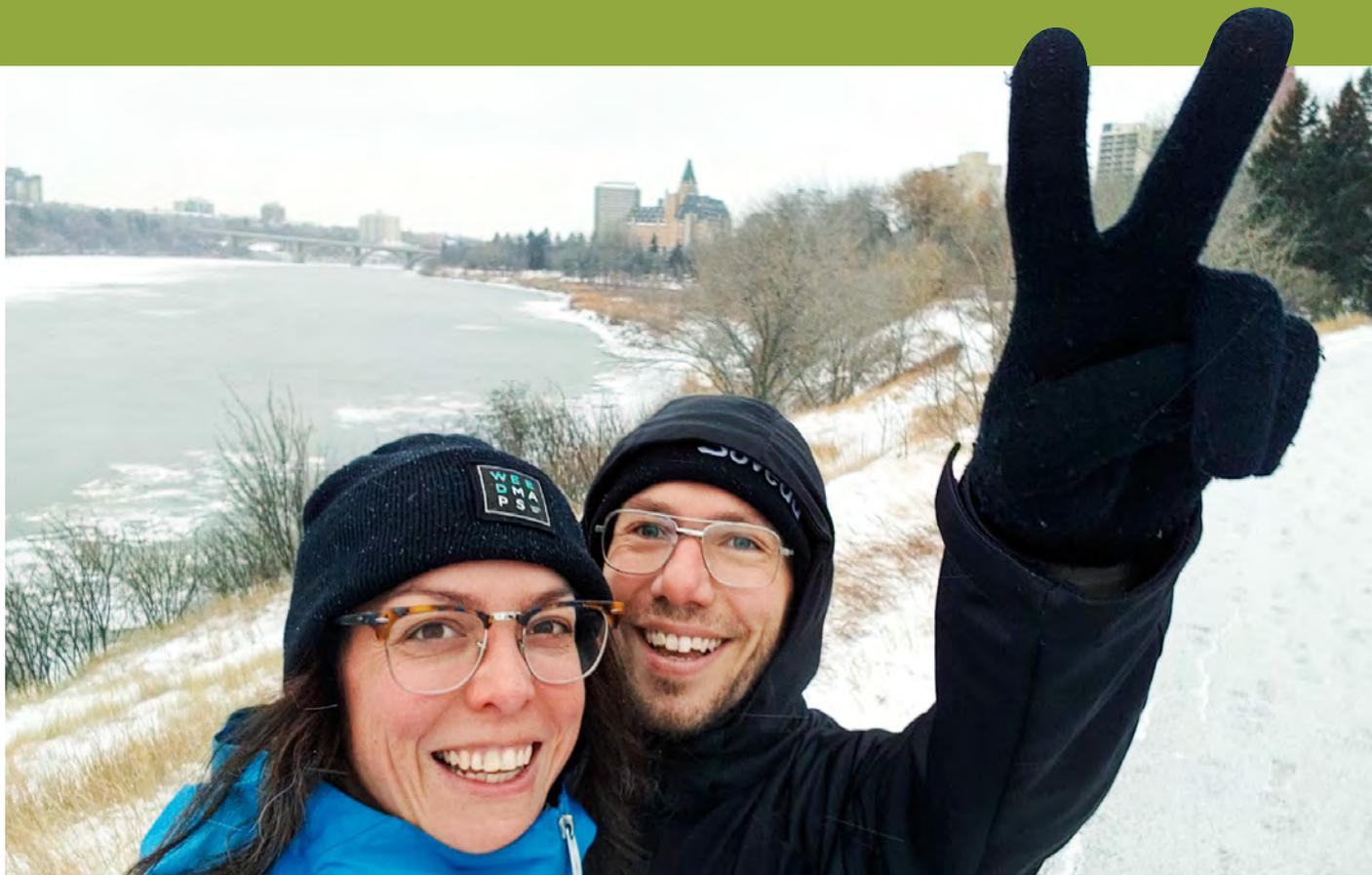
They also have their sights set on the "wellness" category, a vague term members of the industry aren't even supposed to use when referring to marijuana products under the new Cannabis Act, which legalized cannabis flower, oils and some topicals for recreational purposes this past October.

"There is a massive opportunity for cannabis-infused products in the health and wellness industry," said Jordan Sinclair, communications specialist at Canopy, in an email. "Although working out may not be the first thing that everyone wants to do after smoking a joint, more and more people are looking at other methods of consumption before their workouts, such as taking a softgel or vaping."

THC, the cannabinoid that makes you high and is also useful for pain and insomnia according to medical consumers, is just one piece of why you might be curious about edibles next fall. "But CBD is gaining in popu-

larity because of the various health benefits it has on the body," Sinclair said. CBD, short for cannabidiol, has earned a ton of hype as more healthcare professionals connect consumers to the substance for its anti-inflammatory and analgesic properties. "Some athletes swear by using cannabis-infused products for focus, muscle repair, and pain relief while doing various activities from martial arts to long-distance running."

In the United States, less expensive hemp-derived CBD has been both easily available and mostly unregulated. (This has often made me wonder how many \$12 CBD lattes in New York have any cannabidiol in them at all. CBD's effects can be so subtle, I'll admit that any time I've tried to infuse my already laid-back fitness regimen with cannabis, I have either not really noticed it—or, if THC is involved, I become interested in just about anything, anything except working out.)



THE HIGH ROAD: Ali and Mat on the Good Vibes Tour in B.C.

While joints and smokables are still the preferred ingestion method by most weed consumers, a 2018 Deloitte report said 6 out of 10 people would like to try a non-smoked product like an edible. But it's unclear what Canadians' real appetite will be for regulated cannabis edibles and beverages by the time they arrive on store shelves in October of 2019. THC becomes a slightly different, stronger cannabinoid when it's absorbed through the stomach, and it can take longer to take effect, making it difficult to know when to ingest it.

But if American and black market trends are any indication, interest will be high and so will the ambitions of new product developers. From sublingual dissolvables to sugar-free La Croix-like fizzy drinks to hemp-derived CBD-infused water, American entrepreneurs in legal states have had a chance to create quality concoctions on a small scale within limited marketplaces. In Canada, research is still underway but fuelled by far more capital and potential markets opening up worldwide. Here, each packaged product will likely have to stay below a 10 mg limit of THC according to the latest draft regulations. They will also have to adhere to tight packaging restrictions, judging by what has unfolded in the flower and oils market.

As the new legal industry ramps up R&D to create shelf-stable, consistent products that have properly emulsified cannabis extracts—something that doesn't exist on the black market largely because cannabis oil isn't water-soluble—more Canadian athletes are opening up about how they don't just use cannabis to recover after a tough workout, they also use it to stay focused, motivated and present while training.

Trail-runner and cyclist Ali Becker says cannabis not only plays a major role in her fitness regimen, it also helped her get her butt moving from a pack-a-day cigarette habit cushioned by booze to an active, healthy, and cannabis-infused lifestyle.

"It was the beginning of a new life for me. For the first time ever, I not only enjoyed hiking in the backcountry, I was grateful for the experience and wanted to do it again and again and again, and I didn't smoke a cigarette when I made it to the top," she wrote to me from her home in Nelson, BC. "After the month was up, I left cigarettes behind and started levelling up."

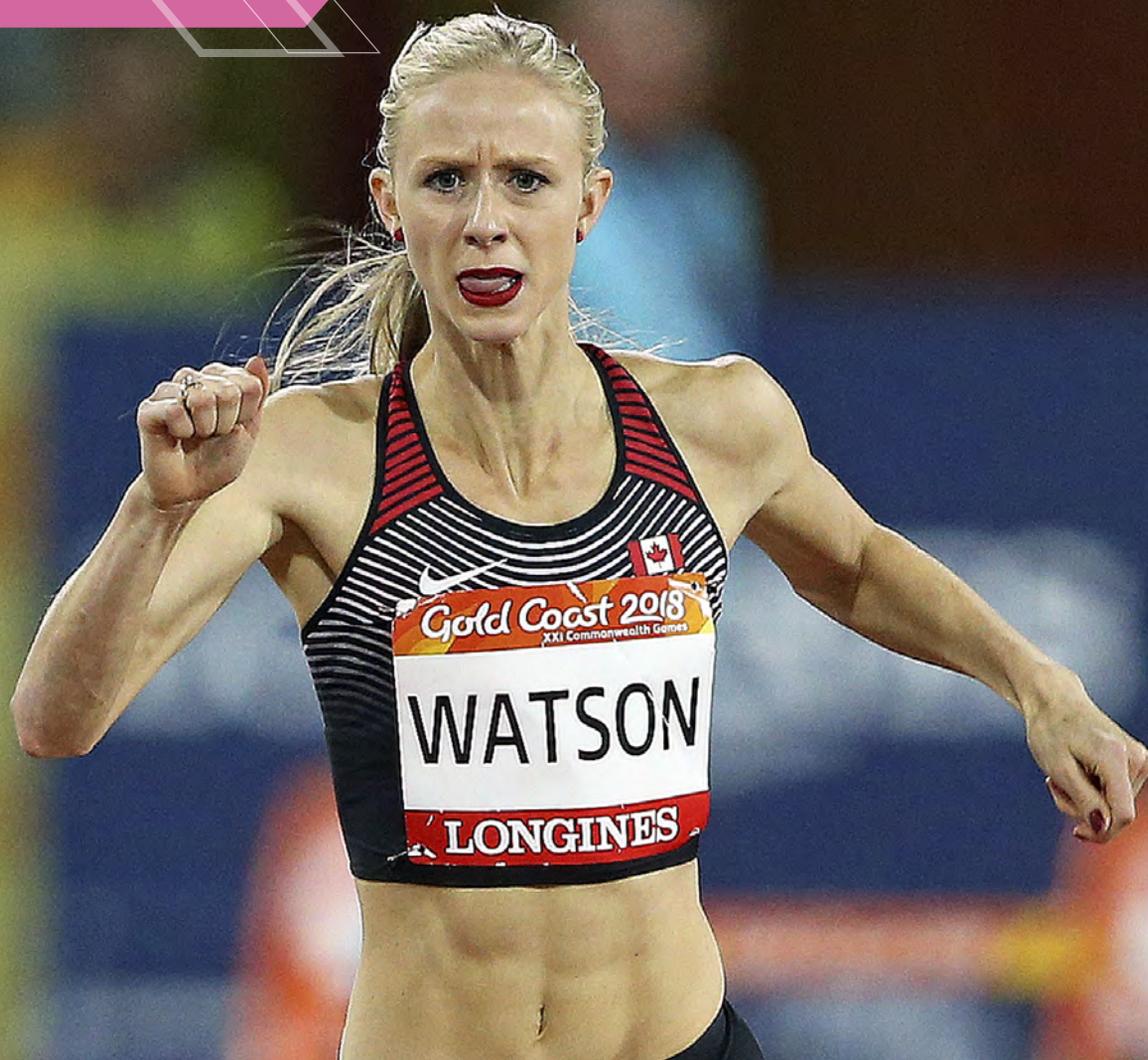
This past summer, she and her partner, Mat, biked across Canada as the Good Vibes Tour. Their goal was to start conversations about cannabis with various communities ahead of legalization, chronicling their adventures on Instagram and showing the world that cannabis users can be active and fit. Sponsors

loaded them up with gear and weed products for their long journey.

"Cannabis, especially when combined with movement and nature, has a way of bringing me into the present moment, of helping me shift my perspectives and see things from an elevated point of view," Ali said in her email. "It makes almost any hike or run or bike ride more enjoyable, and depending on the cannabinoid profile of the strain and the method of consumption, it can help me access a level of clarity, creativity and flow state that I'm challenged to tap into in any other circumstances."

Ali recommends becoming comfortable with cannabis edibles in general before adding it to your fitness. Try a small amount before trying something like an infused-MCT oil with Bulletproof-type coffee, one of her preferred morning pre-run drinks. She also said that while it played a major role in kick-starting her journey, she's started taking more breaks from cannabis in recent months.

"Especially in the beginning, cannabis helped me take my mind off my sore knees and aching back and focus on my breathing, my movement and quieting my mental chatter," she said. "It helped lessen the blow of getting into shape and has been instrumental in helping me build the mental and physical fortitude that I'm proud to enjoy today!"



'I BELIEVE IN THE POWER OF RED MEAT'

The 24-year-old Albertan Olympian takes us into her kitchen where she's seen proven results

Growing up on a cattle ranch in southern Alberta had many highlights, but it wasn't until I moved away to university that I realized how lucky I was to have access to fresh foods. In the summertime, my mom would grow an amazing garden and our family's freezer was always full of beef from our ranch. My mom was on the healthy, wholesome eating fad before it was a fad. That's why when I moved across the continent to the University at Florida State, I had a major wakeup call in the importance of what I ate. No, it wasn't the freshman 15, it was lack of iron and nutrient-rich foods. Halfway into my first year of university, I started to feel lethargic and couldn't understand what was going on. I was eating "healthy," I thought, including vegetables,

grains and lean proteins like chicken and fish. After my coaches and trainers shared their concerns of my health I went to the doctor and had blood tests done. The results came back that my iron was extremely low. So I did what I was told—I started taking iron supplements and ate tons of spinach, but I still wasn't seeing the change I wanted. After talking to my mom about how I wasn't seeing the improvements in my training, she asked me if I was eating any beef. I stopped to think about the last time I had made beef for dinner or ate it for lunch and I couldn't even remember. She said, "Sage, you grew up on a cattle ranch eating beef and wholesome foods, you haven't been feeding your body what it's used to and what it wants." She was so right! Once I started eating more

beef and red meats, plus adding in more wholesome veggies like sweet potatoes and beets, I noticed a huge change in my health.

I believe in the power of red meats and the energy they give our bodies, but everyone's body is different. That is one of the biggest misconceptions when it comes to women in sports and their diets. People like to think it's all about lean and healthy when it should be wholesome and nutritious. We all are unique and different, that's why one diet trend may work for one woman and completely fail for another. Having red meat every other day is essential for me as a female runner, but may only be essential once a week for someone else. My advice is stay away from limiting yourself and dieting, and instead focus on eating healthy, wholesome, nutrient-rich foods.

MY GO TO MEALS AND WHAT I EAT IN A TRAINING WEEK

Meal plan, meal plan, meal plan—I can't say it enough. If you want to make sure you are fuelling your body properly to give it the energy and love it, you need to plan for it. That's why every Sunday I sit down before I go to the grocery store and plan out my meals and snacks for the week. Looking for great meal ideas? Try Run Fast Eat Slow by Shalane Flanagan and Elyse Kopecky. Here's two days of what I eat in a training week:

DAY 1

First Breakfast: 7 a.m.

Yogurt, fruit and seeds
Greek vanilla yogurt with raspberries, chia seeds, oats and pumpkin seeds
1 cup coffee with milk and honey
Xendurance vitamins

Second Breakfast: post-morning weights 10:45 a.m.
Xendurance chocolate protein shake

Avocado toast and eggs
2 eggs scrambled with olive oil on whole grain sourdough, topped with avocado and sprouts

Lunch: Noon
Kale farro salad with feta cheese
Pre-workout drink

Post-practice smoothie: 4 p.m.
2 frozen bananas
1 cup almond milk
1 tbsp coco powder
2 tbsp peanut butter
Xendurance supplements

Dinner: 6 p.m.
Italian sausage, veggie, and pasta stew

Dessert: 7:30 p.m.

I love making homemade milkshakes and can substitute frozen vanilla yogurt
Milkshake topped with fresh raspberries
1 cup peppermint tea

DAY 2

Breakfast: 8:30 a.m.
Homemade oatmeal with raspberries, banana, brown sugar and pumpkin seeds
1 cup coffee with milk and honey
Xendurance vitamins

Lunch: 11 a.m.
Leftover Italian sausage, veggie, and pasta stew

Pre-workout
2 homemade Run Fast Eat Slow energy bites
Pre-workout drink

Post-workout: 4 p.m.
Xendurance chocolate protein shake

Dinner: 5:30 p.m.
My favourite dinner! Especially after a hard session on the track
Cast iron pan-seared steak
Baked red potatoes with olive



oil and seasoning
Homemade cesar salad

Snack: 8:30 p.m.
Fruit bowl with bananas and berries
Handful of chocolate covered almonds
Peppermint tea

DAY 3
First Breakfast: 8 a.m.
Yogurt fruit and seeds
Greek vanilla yogurt with raspberries, chia seeds, oats and pumpkin seeds
1 cup coffee with milk and honey

Xendurance vitamins

Second Breakfast: 11 a.m.
Avocado toast and eggs
2 eggs scrambles with olive oil on whole grain sourdough topped with avocado and sprouts

Pre-workout
2 Homemade run fast eat slow energy bites
Pre workout drink

Post-workout: 3:30 p.m.
Xendurance chocolate protein shake

Vitamins

Dinner: 6 p.m.
Miso butter salmon can be found in the Run Fast Eat Slow book. I love making stir fry out of leftover veggies in the fridge and whatever grains I have in the pantry. Baked crispy brussel sprouts are so delicious!
Farro stir fry with miso butter-baked salmon and brussel sprouts

Dessert: 8 p.m.
Handful of chocolate-covered almonds and peppermint tea

EARL'S PEARLS

Earl Fee is a racing icon who has more world records than any other living racer and who, at 90, plans to compete at the World Masters Games in Poland this March. It is extraordinary to announce that Mr. Fee will now take on the mantle of *iRun* Advice Columnist, so if you have any questions about running, life, training, psychology, recovery, endurance or anything else, send your questions to his assistant, Ben Kaplan, at Ben@iRun.ca, and we'll get them to Mr. Fee. In the meantime, here's a Q&A that we conducted recently with the GOAT (greatest of all time) to get you focusing on running hacks and concerns. Ask anything, Earl knows all.



iRUN: You're going to be 90-years-old when you arrive in Poland. What can you possibly be competing in?

FEE: I'm planning to break a couple records there, particularly in the 400-metre and the 800-metre races. If I have enough energy, I might also try for the 200-metre record on the last day.

iRUN: That'll be a game-time decision?

FEE: Yeah. The events are very close together and there might be some problems with my legs or whatever.

iRUN: You don't sound overly concerned.

How are you feeling?

FEE: I'm feeling pretty good. I can probably break some of those records today.

iRUN: No aches or pains or nagging injuries?

FEE: Well, I hit a problem a week ago. I was taking dance lessons and this particular move did something to my knee, so I've been resting for a week. I think maybe I'll stop the dancing until I get back from Poland.

iRUN: What kind of dancing?

FEE: Merengue.

iRUN: What is the secret to your extraordinary life?

FEE: I don't think there's a secret. Running tires out your legs, so to go dancing after running isn't a good idea. Common sense might be part of my racing plans. When I have problems with my hip, I go to the chiropractor. Running curves on the track puts you out of balance, but I'm doing very well. I can't complain.

iRUN: How often do you run?

FEE: I don't overdo things. I run three times a week, mainly on a track near my home. I don't run outside. It's too hard on the knees, running on the roads.

iRUN: I bet 90% of our audience runs on the roads.

FEE: The marathon people, most of the runners, have to run on the roads—they're stuck with that. I like to run on the track, it's a little softer, or run on the trails.

PHOTOGRAPH BY TYLER ANDERSON

iRUN: So what should we do?

FEE: Run half on the road and right afterwards, run in the water. Save your legs; running in the water requires the same exact effort.

iRUN: That's a good tip.

FEE: It's in one of my running books, *How to Be a Champion from 9-90*. I've written five books, including books of poetry. My autobiography will be out in a few weeks actually, *Tell Well*.

iRUN: Everyone reading this article—buy Earl's books!

FEE: [laughs].

iRUN: You're going to be our advice columnist and that's very exciting. What other tidbit of advice could you offer before the questions start rolling in?

FEE: A lot of the shoes now have heels that are lowered. To me, that's not good. It makes the arch collapse. I put an insert in my shoe to raise the heel, this prevents the arch from collapsing and could help prevent plantar fasciitis.

iRUN: Do you have a favourite shoe brand?

FEE: I mainly like Asics, but I think it doesn't matter too much as long as they're comfortable. I like a light shoe that's not too stiff. The real stiff ones are heavier. If you're wearing orthotics on top of that, it can effect your speed—like an extra three ounces.

iRUN: What do you like about running?

FEE: The feeling of freedom.

iRUN: Nice.

FEE: With my running, I meet a lot of nice running friends, and there's also the compliments you get when you're running well. Some people don't admit it, but the accolades give me incentive to keep going.

iRUN: Do you find running hard work?

FEE: Some of the intense intervals are hard work, but I like the results.

iRUN: I can't believe you're 89 years old and running intense intervals.

FEE: Interval training improves speed.



AIR APPARENT: Fee in Puerto Rico in 2010, breaking the men's master's world championship record at the 200-metre hurdles.

iRUN: Aren't you afraid you'll get hurt?

FEE: If you want to be courageous, pretend to have courage. The mind is often an athlete's weakest link.

iRUN: So what does an Earl Fee workout actually look like?

FEE: I'll run 400 metres at race pace, then walk 70 metres, and repeat. That's a good workout, so I do that and take a short rest, maybe 60 seconds, and then run 200 metres faster than my 800-metre pace. Then, jog for half a mile, but the key thing is, and here's more advice: I always do this after warming up on the bike for 10 minutes, then stretching, then running half a mile easy. Then I'll do my workout, then run a few laps and stretch again. (And sometimes I'll do short or long strides to loosen up the body.)

iRUN: I don't do any of those things.

FEE: They're important, as if the cooldown. I also notice this also with weight training. Most people don't do any warm-ups before, and that's a mistake. Warm up the body, jog and stretch, it's important for the muscles. There are little things we can all do to make our running much easier.

iRUN: What's your favourite stretch?

FEE: Leg swings. They loosen up the hips.

iRUN: How many records do you have?

FEE: 56 world records. This is since 1987.

iRUN: You should've started in 1977, you would've had 75 world records by now.

FEE: Maybe, but maybe taking a long rest of 30 years after university saved my knees. And also my enthusiasm. To keep going for 50 years, you have to have enthusiasm.

iRUN: I think maybe you need enthusiasm to do anything.

FEE: You're probably right. Running has added to my longevity, for sure, and exercise will make you live longer.

iRUN: What should runners know about you as our new advice columnist?

FEE: I'm happy to help out and offer runners my thoughts, but I don't want to go back and forth with people. They can ask a question, I'll answer, but then it's up to them to take it from there.

iRUN: OK, sounds fair.

FEE: I give my opinion and that's it.

To ask Earl Fee a question, regarding anything, email Ben Kaplan at Ben@iRun.ca, and he'll give you a response.



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