



Suzanne Schroeter's  
**Scrapbook**

**Marathon madness**

The first marathon, or long-distance race, was run by the Athenian courier Pheidippides from Athens to Sparta, a distance of some 150 miles which he completed in two days. Since that time hundreds of athletes have continued the tradition in the present day twenty-six mile endurance road race, gruelling test of mind over body.

Running a marathon is not everyone's cup of tea. The decision to enter Ottawa's National Capital Marathon is not like walking the Miles For Millions for charity. It is a serious commitment representing hours of lonely training (often after a long day at school or in the office), many kilograms of detergent to wash those sweaty t-shirts and boxes of bandaids to treat persistent blisters. If running a marathon is difficult, I sometimes think living with a would-be marathoner is worse. It often means coping with complaints about

pulled hamstrings, shin splints or runner's knee, discussing the merits of TRX Competitions over Nike Waffles or wondering why the left shoe fits but the right one doesn't.

Greg Rokosh, Michel Ruest and John and Judy Bailey decided this was the year to run their first marathon. All began training hard during the winter, running up to 50 miles a week. As M-Day approached it was time to load the body with carbohydrates and rest up. May 13 dawned cloudy with a steady drizzle falling in Russell, but as the starting gun went off at Carleton University the weather was perfect.

The excitement of running a marathon or even watching one is tremendous. As Judy put it, "everyone feels like a winner." Fans line the route through Ottawa shouting encouragement to every runner. It is really a great day making all those

solitary hours of training worthwhile.

It was only fitting that on Mother's Day Judy Bailey completed her first attempt at a Marathon. Although John had a flu virus and a fever he ran 18 miles which only confirms my suspicion that marathoners really are mad! Both Greg and Michel completed the distance in less than 3½ hours. All are to be congratulated.

As a final word on Marathon Madness — all four runners want to do it again in a better time. Bring on the foot powder.

**WOMAN'S WORLD**

There is a paperback book out which deals with running for women daily. It is called Running for Health and Beauty, A Complete Guide For Women. I might add it is practical too, answering just about any question you could think of regarding jogging from who should and should not run to "transcendental" running.



**CAPITAL RUNNERS**

National Capital Marathon runners from Russell are, clockwise from bottom left, Greg Rokosh, Michel Ruest and husband and wife, John and Judy Bailey. All finished the 26-miles except John who was hampered by a flu virus and fever. But he still managed an enviable 18 miles. (Photo by Rowsell)

**Parking problem solved?**

It looks like the parking hazard at Osgoode Township Hall is about to be eliminated.

Council has "tentatively" purchased from Clarke Stanley, who owns property adjacent to the historical Metcalfe building, enough land to accommodate 20 cars, Reeve Albert Bouwers reports. The purchase price is \$5,000.

When completed, the new parking lot should end the practice of people parking on Regional Road 6 when attending at the hall, causing what Councillor Phillip McEvoy once described as a "dangerous situation."

**Clinic nets 119 pints**

Castor Area residents bled 119 pints at Russell Village's first blood donor clinic last month, organizer Pierre Robinson reported.

Mr. Robinson expressed his appreciation to all volunteers and donors who made the clinic a success.

Although the turnout was below anticipated, Scott Borland, area director of the Eastern Ontario Red Cross Blood donor service, said those involved should be pleased with the results.

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