

## A Race in Canada, eh!

By Fiona Green



A last minute decision to visit family in Canada resulted in a trip to Montreal this past weekend (March 19-20). As luck would have it there happened to be a race taking place in the nearby town of LaSalle. Even though I had planned to take a week off running, the temptation was too great and I found myself, dressed in leggings, gloves and 'touque' (beanie/toboggan) at the start of the 'Course populaire de LaSalle' for the morning race.

With the temperature below freezing, it was certainly a little colder than recent weather in the Metroplex but the skies were blue, there was no wind, and it seemed like a great way to start off Sunday morning.

In Texas we are spoiled with the huge number of events on the race calendar each weekend. This is not the case in Montreal where there might be one race per month, which naturally attracts many "serious runners". Since the race was sponsored by a local bank many elites also showed up, enticed by attractive cash prizes. Their enthusiasm was evident at the start of the race as I was almost bowled over and flattened by a bunch of speedsters that made me feel like I was standing still!

The winning time was run by Francois Jarry who clocked an effortless 15:02 while the top female was Melanie Myrand (17:10) whom I remembered as a speedy young kid when I left Montreal 10 years ago.

I was surprised and happy to win second in my age group but more than anything I loved the opportunity to connect with friends who apparently haven't aged much in the past decade. I'm already looking forward to my next trip! (Photo is of friend/participant Ron Abaira with me.)