

## World Cup 100K 2005

Hokkaido Japan, June 26th

From the shores of Lake Saroma in the northern part of Hokkaido Island in Japan, the small fishing town of Yubetsu was to be the center of attraction for the start of the 19th World Cup 100K 2005. The course was a point to point for the most part except a 20k out and back from the start and a 20K out and back through sand dunes before the dash to the finish line.

Canada was once again very well represented at this year's world event. On the men's side, leading the team were our veterans Bruce Barteaux in his 4th participation, Jack Cook in his second appearance and Andrew McLean also on his second participation. Darren Froese and Glen Redpath rounded out the men's team. On the women's side, our veteran Wendy Montgomery in her second appearance followed with Laurie McGrath, Jennifer Dick and Carla Arnold competing for the first time at this world-class event.

The 5am start was a nice low 20 degrees but quickly turned into a scorching hot and humid 32 degrees later in the morning. The course was mainly flat with a few demanding inclines around the 50 - 60 K mark. The hot weather took it's toll on many of the 3000 or so athletes that set out on the course earlier that morning. Many failed to meet the cut off time at various set distances on the course or simply had to be taken out due to hypothermia or heat exhaustion.

Both our National Team's, men's and women's performed extremely well despite of the hot weather. A big part of this year's success is also attributed on the outstanding work and support provided by our team of volunteers, Bonnie, Shauna, Kandise, Don, Rob and Joe. From the simple task of handing out water or food to the more complex sun screen application, all exceeded their task's by supporting not only "our" athletes but also providing support to many other countries as well. The emotions ran high at some points, but their cheerfulness and encouraging words made it possible for all of our runner's to rise up to the challenge and complete this grueling event.

I would like also to express my thanks to our sponsors, Dominico Ciarallo from **Proudly Canadian** for uniforms, Scott Budd from **Silso Marketing** for providing the Nutrition bars, and Paul McMillan from **Thumbprint Studios** for the ACU patches. Thanks to Bruce Barteaux who once again brought nice Canada shirts and souvenirs for everyone and to Andrew McLean who negotiated the uniform sponsorship with Proudly Canadian.

Overall, a very successful participation at this year's World Cup. My hat goes out to all our athletes, whose performance was outstanding. To our volunteers, what can I say, it takes special people to run the distance but it also takes special individuals to stand out there hour after hour, go through all the emotions and still be smiling and cheering at the end.

Congratulations to everyone and looking forward to the World Cup 100K 2006 in Korea and the 24 Hrs World Challenge in Taiwan.

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National Team Manager  
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### Final Team's Results

Men's Team 13th place in a time of 25:03.45 Hrs

Glen Redpath 7:48.13 Hrs  
Andrew McLean 8:31.18 Hrs  
Darren Froese 8:44.14 Hrs  
Bruce Barteaux 9:50.20 Hrs  
Jack Cook 11:51.59 Hrs

Women's Team 5th place in a time of 28:25.16 Hrs

Wendy Montgomery 9:00.38 Hrs  
Laurie McGrath 9:30.35 Hrs  
Jennifer Dick 9:54.03 Hrs  
Carla Arnold 9:55.33 Hrs