

**These are some of the comments mailed from participants past. Each writer's last name is at the start of the comment.**

**McLeod:** The most inspiring running event I have ever attended.

**Hachey:** I try to explain the experience to many people and they just don't get it. I can show them all the pictures I want and they still don't get it. I think that the run is something that people need to experience first hand what it was like to run on the bottom of the ocean!

**Wiles:** a run that made runners laugh like kids – how wonderful is that?

**Finkle:** To call it a "run" is an injustice - it was a life experience. The inspiration and energy from the run will certainly sustain me for quite some time! It is a delight to discover that places of such beauty and magic exist, almost in our backyard - and then to interact with said beauty in such a unique way was incredible.

**Foxwell:** My sorest muscles were in my face, from laughing so hard for so long – it was incredible in all that water on Sunday - what a riot!!

**Deschamps:** Fabulous event! Truly one of the highlights of my life. An unbelievable experience that was organized exceptionally well.

**Thibodeau:** What can I say that hasn't already been said, it was the best. The concept, the planning and the organization of the whole event/race was well executed in every aspect and detail. I will be sure to advertise your race fervently on our NB provincial webpage and word of mouth.

**Read:** NEXT TIME I WILL WEAR SHOES FOR THE ENTIRE RUN!!!!

**Miller:** This race made me feel like a kid again - running through water and mud without a care in the world. Thank you for allowing complete strangers to be juveniles.

**McGraw:** I want to thank you for putting on such an amazing event. I am not a runner, but the beauty of the landscape, the presence of good friends and happy strangers, and the sheer uniqueness of the whole endeavor made it easy to run most of the 10k route anyway, carried forward by a childlike glee that's so often in short supply in this too-serious world.

**Slauenwhite:** FOR SURE no matter what I am coming back bringing more and more friends each year with me. Inspirational, breathtaking, back to nature, wonderful, kind, fun, unique, "don't want it to end" event!

**Sherrington:** Words cannot describe how cool this experience was. I will carry it in my heart and soul forever. Next year I am bringing my children to participate in the joy and self satisfaction. This run had to be one of the most physically and emotionally rewarding things I have ever done! I was sooooo very thankful for the opportunity to run on the ocean floor and for my body's ability to carry me along.

**Gooding:** I feel changed. I've looked at the islands since I was three years old, imagining the adventure of exploring the islands but always from the shore. Not Since Moses gave me the opportunity to break the chain and stop dreaming about the islands and actually touch them; to see what was on the other side and push myself to run like mad as the tide came in. I was celebrating long before I finished the 10k. You can run and always have the road ahead of you but Not Since Moses takes you to place that is finite; where no one else will ever be able to say they've experienced or felt unless they were there during that one time of year when the pull of the moon is strong enough to reveal the course. Finishing the 10k was a significant moment in my life.

**Tassie:** Dick, this was an unforgettable and wonderful experience. The week of the run, I was sick as a dog. If I hadn't driven across 4 provinces to get to the run, I would have stayed in bed that Saturday. Am I ever glad I took my weary, coughing self out to that ocean floor! I wouldn't have missed it for the world. Everything was so well organized, and the run itself was breathtaking. I haven't had that much fun in ages – trudging through mud and water – it felt like being a kid again!

**J Hammer:** truly amazing and unique lifetime experience! What other race would you do, where you would HAVE TO stop and take pictures?

**Johnson:** What became truly apparent to me during the day was that this was not just another race, not just an opportunity to get out and experience the beauty of the Five Islands. No, this was a chance to experience a real sense of community. I could sense it from all of the volunteers, from the staff at Mo's, from the registration table through to the finish line. This was an event that brought a community together to showcase itself to the world. I left the race with one feeling that I hadn't expected – envy. For you showed that Five Islands is not only home to one of the most unique sporting events in the

country, but home to some of the most caring and supportive people I've ever known.

**Dean:** This was an incredible experience, from the variety of running surfaces to the beautiful scenery, to the fantastic volunteers. It's no wonder people come from far and wide to enjoy this experience.

**Kjhunter:** Dick, you were right about the smiles all day... my face still hurts! Like you, I was blown away by the look of the runners stretched out as the walkers and I hit the mud on Sat. The line went on for infinity. The best, however was the thrill of walking out to wait by the double flags on Sunday. That was my volunteer position. I had to skirt along the beach with Andrew and his poppy and then wait adjacent to the flag as the tide was going out. Every so often I would hop to the next high spot. When I heard the roar from the starting line I knew they would be running in water when they got to me. It was just below my knee so I chastized the front runners for not bringing their buckets to bail! It was fun to cheer them on and they kept thanking me. What!@! I was having a blast. And I was amazed at how different the flats looked as we returned to the beach. We knew which way to go by the trampled mud as the flags were already pulled out. I see why the volunteers sign up each year.

**Adkinson:** The scenery was so spectacular that when we landed on the mainland, we returned doing the trip on our kayaks. It was amazing to run on the bottom of the ocean floor and several hours later seeing the same landscape filled with water.

**Gallant:** Brilliant event, really enjoyed it. I used it as an impetus for my mom to get in shape and after doing the 5k this year, she's up for the 10 k next year!

**Fullerton:** I had high expectations but the event was everything I expected and more. The volunteers were friendly, the run tons of fun (even though my running shoe got stuck in mud) and the scenery spectacular.

**Leblanc:** My son and I absolutely enjoyed this race (it was my second, his first). We plan to do it all over again next year, with my Mom and my husband joining us. When they watched us leave from shore, they wished they were joining us and of course, will be there next year.

**McClure:** Beautiful place, crazy run, great energy. I appreciated Dick's philosophical pep-talks that were in tune with the place and the run - this is not a super-competitive race, it is an experience.

**Nix:** Well, I am neither poet or writer, but I have to drop a note to say that this was absolutely tremendous!!! I organize a small canoe race in Pugwash every year and am exhausted every time so I can only imagine the magnitude of organizing this event. The stories, the excitement, the mystery, the amazing volunteers, the wayward lobster between Islands, the scenery, the wonderful muck, and the sense of inner being and wellness that this experience has left with us will not be forgotten. Thanks again! You must be a decendent of Moses!

**Maloney:** thank you so much! We had a fantastic time and will come back with kids and grandkids. We are thrilled that we got to experience the island magic but quite understand your decision to change the route. The event gave us the opportunity to discover the whole 5 Islands/Parrsboro area.

**Jcrebolder:** This is the second time I ran Not Since Moses. It's a terrific event. For many reasons. The environment, the setting, the physical effort required to run (or walk it), the comradery, the just plain weirdness. I love it. But apart from all that, what sets this event apart from any other, is the volunteers. I know other events have volunteers. But the people who make Not Since Moses happen are exceptional. What I love about this event is the community feel - the way a community comes together and makes it happen. There is so much beyond other events and I want to make a special Thank You to each and every one of you. Thank you for giving me the opportunity to run like Moses :) (And thanks to friend's of Moses for the best weather we could have hoped for)

**Wist:** As I rounded the last island, heading back to the finish line, I found myself alone (those ahead of me out of sight, those few that remained behind me, also out of sight); it was surreal with the unique rock formations, the ocean, the wildlife soaring above me. I am so appreciative of the chance to do this.

**Pellerin:** Everyone, and I do mean everyone, made this event even more spectacular with their friendliness and smiles, organizers, volunteers, local businesses and area residents. We visited and bought local where ever possible and enjoyed our 2 visits to Mo's along with the pizza. You are really helping to keep the Economy (pardon the pun) moving up there. As a resident of a small rural community in Guysborough County I know how important this weekend is to your area. Knowing the route will be different next year I spent a few seconds standing in the hole and enjoying the experience which I compared to standing in the rays of a rainbow.

**MacDonald:** One of the best experiences of my life!

**Malone:** Everyone from start to finish treats us so well on this run i.e. volunteers, people in restaurants, at the cottage we stayed at etc. This is

our third year and we brought along about ten friends this year and all of us enjoyed it immensely

**Crosby:** Everything about this run is just Fantastic ! It is my 3rd year participating and I find it a well organized event with beautiful scenery, friendly volunteers and boat operators and very appreciative local businesses. We brought about 10 of our friends with us this year and will be bringing more next .

**Dawson:** Excellent run. Great vibe. High-quality T-Shirts-- I will wear it to run all the time. Beautiful undiscovered part of Nova Scotia. Love the idea of increasing tourism/awareness of this area. We need a cottage on this shore. . . Really appreciated the 'what you need to know' comprehensive email the week or so before the race-- really nice being able to print that out and have in the car-- answered ALL my questions. Also-- website with updates VERY GOOD-- one of the reasons we registered was the good website with images. My sense was honestly that race was pretty well organized, clear, plenty of info on the important stuff (safety, etc.). We had some friends (traveling around Canada with their kids) meet us at 5 Islands for the weekend-- they didn't participate in the race, but really enjoyed the vibe-- healthy/active families at the campground, scene at Diane's (?) and Mo's/ touring petting zoo at Dutchman's Cheese Farm.

**Norris:** this event was such a treat, a privilege to be a part of, and for some reason the experience of sloging through that mud and across that eerily fog-shrouded moonscape literally uplifted my spirits.

**Himmelman:** Great run. I like the fact that there is no focus on time and placement

**Fulmore:** A superb day indeed, well organized, with high spirits all around. This is truly a remarkable event...talk is wide around the Antigonish community with the media coverage.

**McGrath:** tried to thank every volunteer for coming out. Each said your welcome, and/or "Thanks for running so we have a reason to come out!" You truly have a great team of volunteers, and they must be treated well to be coming out each year again and again. After coming around Pinnacle, one of the volunteers pointed me toward the keyhole and said, "You're almost done." My reply: "Damn, that's a shame!"

**One last story:** a friend of mine has been very overweight for a loooong time. Last fall, she began losing weight because of a medical condition where the symptoms are worsened by her fat. Standing at about 5'9" or 5'10", she also weighed a hefty 270lbs or more! She is losing pounds and inches, and I joked with her about running a marathon together someday. Not likely to happen, but I mentioned Not Since Moses to her. She has since started to ask some questions, and is now taking up water running (fitting) with the goal of doing Not Since Moses with me next year! "Any other race", she said, "and I wouldn't be interested. But this sounds cool!" She just might be hooked.

**Mooney:** I felt immensely privileged to be able to do Sunday's 10k event. I managed to stay upright, not turn an ankle or lose a shoe. I had to walk several parts of the course because it was slippery and foot sucking but I wasn't the last to finish. I would have liked to go even slower.

**MacMillan:** This event is absolutely incredible and I think you are right – this could easily become the premier 5/10K in Canada. Thank you so much for all the work you put into organizing this.

**McCord:** This was an amazing event. The volunteers were wonderful and I tried to thank each one as I walked or shuffled by them. It was a great way to meet other 'runners'. We tried to support some local businesses along the way including the gift shop (?) and the Dutchmen Cheese Shoppe and the Masstown Market. This will be an event to participate in every year. Thank you so much for tackling this. I didn't hear one negative word from anyone during or after this event. I think it provided many of us to feel like kids again as we ran through mud and water! All I can say is... thank you...

**Fox:** It truly was an experience of a lifetime and I will forever be thankful. I was very impressed how exceptionally well every aspect of the event was organized. Every step of the way (no pun intended) went smoothly, from the directions on the website, parking, registration, the water at the 6km mark, the hot dog surprise at the end.

**LaPlante:** a huge contributing factor to the appeal is the significant changes in terrain. We ran through ankle deep water, knee deep water, waist deep water, hard rocks, soft small movable rocks, pancake rocks, sinky mud, firm mud, moguls, and regular sand.

**Johnston:** I loved the whole experience...the view, the mud, the water, the sand mogels...everything was amazing. It was well organized and it was a great idea for a race...thank you so much for putting it on...I have told many ppl about it and they want to sign up next year! It is great to do a race where you are just there to enjoy yourself, and no one cares how long it takes you!

**Christopher:** A great event. Unique, amazing scenery, very well organized...just a wonderful experience. And such a great event for the local community.

**Mills:** amazing, challenging and rewarding. I have lived in Halifax my entire life and never been to that area of the province so it was a great chance to see how beautiful it is.

**Mallet:** It was really fun. It was my first time and not the last. Everything went well. I raise my hat to you, because this unique event needs a lot of preparation and organization. I am a community events director and I have an idea how this crazy event must demand a lot of work from the community. Bravo!

**Uiterwaal:** Everyone who took part keeps talking about it (well the ones from Halifax that I know anyway).

**Armstrong:** I've run many marathons, half-marathons and a bunch of other races, but I have never experienced anything quite so spectacular as Not Since Moses. The thought of running on the ocean floor is just so awesome and inspirational! Being a native Nova Scotian, I take the Bay of Fundy tides for granted....I know they are a unique phenomenon, and Not Since Moses has caused me to reflect on the natural beauty that surrounds us. The run was fun, challenging, one-of-a-kind, and most of all, exposed us to breathtaking scenery. I feel privileged to have had the opportunity of a lifetime. There a few people who will experience this natural wonder. Not Since Moses is everything a run should be. I haven't stopped talking about it.

**Lynch:** The whole experience of running on the ocean floor is very uplifting and to a certain extent spiritual. What can I say that hasn't already been said, it was the best.

**Narcisse:** A BIG FAT THANK YOU, FROM THE HEART, TO YOU DICK AND ALL OF THE VOLUNTEERS!!!!!! I HAD THE BEST OF TIMES ON SATURDAY!!!!!!

**Milder:** Not Since Moses is not just an event, it is a catalyst to community building and I have difficulty expressing to you how exceptionally proud I am to have participated in something that is so much greater than the sum of its parts. Additionally, you haven't just created an event you have created a breeding ground for Five Islands ambassadors that now/continue to regard that section of our province with the greatest affection.

Having race directed and produced a number of complicated sporting events in past, I'm acutely aware the success of any event is reliant on the participation of volunteers, and the quality of an event is directly proportional to the quality of volunteers. Suffice to say you have once again achieved the remarkable by bringing together an entire community to help produce something so unique, so worthy, that the description of my weekend to my coworkers is painfully inadequate. In fact, the enthusiasm of my fellow participants was eclipsed only by the enthusiasm of the volunteers who cheered, smiled, encouraged and helped push us across the flats (and not so flats) of the Minas Basin; their constant support accentuating the beauty and the splendour of the natural landscape.

What else struck me, and what I hope you take great pride in, is that the event itself—and I can't believe I'm going to say this—is almost inconsequential to the connections you have helped foster between the community of Five Islands and its inhabitants, and the participants of the event that are forever changed having taken part in something so incredible.

**Dawson:**

I ran the 10K on Saturday and it was without a doubt the BEST run I've

ever had. The day was completely magical-- the coast and the island enchanting. I was continually gasping in wonder at the beautiful world around me, and treasured sharing it with so many great people. My entire family in Alabama was bowled over by the images of the Fundy Shore and honestly I feel like I went on a once-in-a-lifetime vacation just a 2-hour drive from my house.

**Van der Baaren:** The "run" was an absolute delight. My friend and I took you at your word and went as slowly as the tide allowed so that we could take in the unique landscape and wildlife. We saw shorebirds, crabs, bizarre sea life detritus, and spent far too much time taking photos. It was the most deliciously pleasurable run I have ever entered. I'm sure the volunteers were biting their nails by times trying to get us to hurry along while the tide licked our heels. Resting on the shore with strangers and friends, waiting for the flooding tide to crest, eating the snacks we had sent ahead, playing ukulele (yes, I carried a ukulele), listening to everyone's stories of their run across, was the most amiable way I could possibly imagine to end any run.

During our "run", my friend and I thought of all the Old Testament themed races one could host at Five Islands beginning with Not Since Eden whereby racers enter a triathlon with the first event as a "naked" run through Eden (the mud) to transition to snake charming and finally to apple-bobbing whereby a successful bite of an Annapolis Valley apple earns your t-shirt covered in ferns and maple leaves.

**Johnson:** My friends and I came down from Moncton and had an absolutely fantastic time. None of us had ever been to that side of the Bay of Fundy before and all 3 of us plan to come back - it's a truly beautiful place

**Boudreau:** Although I reside in Nova Scotia, your run offered my first opportunity to see your beautiful part of the province. I loved the event. It was well organized and it was a delight to see the efforts of the volunteers and community. I hope that you can extend my words of thanks to them. I have excitedly told many people about the event so I am sure that your numbers will continue their growth.

**Brown:** When I was in the final stretch of the run, the volunteers were cheering and saying "Almost done, just right around the corner and it's all over"... my inside reaction was "Really? Already? I don't want it to be over!".

**Cooper:** I have done many races, and this was completely different. Time did not matter, just taking in beautiful scenery and enjoying everyone's company was more important. I hope this race continues for many years, it is truly special.

**Reinhardt:** The whole experience was great. The race was very well organized, all the volunteers were great (very helpful and friendly) and the course completely exceeded all expectations. Next year I plan to take vacation days around the race and stay for even longer to explore the 5 Islands area.

**Leger:** The addition of the Basket Run was a great idea - the grins on the kids' faces as they were running through the mud in their sock feet, carrying their shoes with muck all over their clothes - they had such a blast and it was fun to watch.

**Chiasson:** one of the best runs ever, I didn't want it to end. Fantastic run, incredible scenery, friendliest, helpful volunteers. The complete package - I

will be recommending this event to all my running friends and acquaintances.

**Sharpe:** I thought the race was beyond superb. We came as a group from Fredericton, NB to celebrate one of our pal's birthday and had an absolute blast. We loved the course, the event, the scenery and the volunteers who were so friendly and supportive. You and your fellow workers do an amazing job organizing and running the race. I, with hopefully other running friends, hope to be there next year and look forward to the new course as well.

**Cole:** Absolutely the best run I have been involved with. Thank you for this and your dedication to ensure our (the participants) safety and enjoyment is truly appreciated.

**Crossman:** This was one of the most exciting walks I have ever participated in. I met people, shared stories and had a lot of laughs. The walk around and on the island was very impressive and interesting. I would definitely do it again another year. The only thing I would do differently would be stay overnight to enjoy the entertainment in the evening. I returned home after the walk and missed the entertainment. I will have to check into cabins etc. another year.