

June 15

Today in Five Islands the low tide was exactly what we will have on Not Since Moses day so I did a test run of our course. Holy Baloley. It is out of this world. Way beyond what I remembered from trying it out last year.

So here are some thoughts and info.

The Course

The provincial park day use area, where we start, is a sloping green lawn down to the water. The start line is on a sand bar. From there we run down onto flat packed sand for a great start, looking good in front of the spectators, with Moose, Long and Pinnacle islands to your right.

Then comes the only sloppy, let's be kids, part of the course, mainly packed mud (not shoe suckers) which is sometimes slippery enough to skate on with the proper shoes (flat bottom are the best for this, like Nike Frees). If you fall, no problem, it will just be like a wet mattress with mud on it.

The course leaves the mud as you pass The Old Wife, a rocky island most the time, and cross a channel between the mainland and Moose Island. When making that crossing, I suggest you run over the white buoy which guides boats along the channel, likely the first time you have run over a working buoy.

Then around a moss covered rocky crag and in front of you are The Cliffs. These make this run so spectacular, the flowing bands of color in exposed cliff faces. You feel like you are running in music, the cliffs being pages of harmony and you are playing them at your own rhythm. At this point the course widens out so you can run under the cliffs at the shore or way out from shore across a fast, packed sand surface directly toward the next rocky point squeezed from the shore.

After the turn-around points, the view is different. The cliffs are on the right (you'll never tire of them) and ahead are the Five Islands.

A guaranty, kind of

I am so sure you will love this course that if you find it is not one of the most beautiful runs you have ever done, I'll refund your registration fee. Period. Well, make it a comma. There is one exception. In any crowd there are some chronic grouches who find even sexual ecstasy annoying, maybe 10% in most runs (actually in nova scotia the grouch ratio drops, 0 to 0.2%). If you are one of these, the refund doesn't apply. So to get it you must submit a non-grouchiness certificate from a parent-in-law or, if none, from a competitive sibling or, if none, from our certification panel following a personal interview.

Prizes

To attract the Kenyan and other international star runners we are offering cash prizes this year: \$100 for first place (female and male, all 3 courses), \$50 for second and \$25 for third. We also are starting perpetual trophies (to be kept on display at Mo's) listing the first place winners.

Every entrant will be in placed in a raffle for great Solomon and Brooks gear.

Party after

At the finish area we will party, with live music, barbequed dogs, kite flying contest on the sea bottom and, among other stuff, a poetry contest in two categories. The poems must be written while you walk or run on the course, scout's honor required. One category is Open, so any poem or sort of poem, anything goes. The second is Naming Mud which is coming up with names for all the types of mud and surfaces you traveled on during the course (doesn't have to be in a poem form). Inuits have 17 words for snow. Mud is lots more interesting so we surely will beat that. The poetry winners get a \$50 gift certificate to Mo's, down the road, where poetry readings happen during the year.

More capacity this year

Because we are not dependent on local boats to transport us, as we have in the past, we can take more runners this year so let friends and family know about us. The more the entrants, the more funds we can give to local schools and other projects.