

Dear Road Runners & Friends:

2021 is a year of virtual events: {virtual} Boston Marathon; {virtual} Cabot Trail Relay; virtual this & that...

This Saturday past, while Amelia, Terry, Eric & Brian (Scott) drug my butt around town, I was infected with the runner's version of an ear-worm (thank-you, Amelia). After a few days of shuffling around in my head, I thought this worm too good to keep to myself and have to share it with the rest of the Club (and a few others).

It is the ultimate {virtual} team run! :-)

Called The Big Canada Run (<https://thebigcanadarun.ca>), this team event offers two routes (distances) and three possible options to {virtually} run across the country:

Leg 1 (8,000km) - The classic east-to-west crossing (from St John's to Victoria).

Leg 2 (10,000km) - This is a west-to-east crossing which starts with a side-trip trip north to Whitehorse.

Maple Team Challenge (18,000km) - This is an out (Leg 1) and back (Leg 2) course.

The Capital City Road Runner's team, has been registered for the classic east-to-west crossing. At 8,000km, this route has a couple of side-trips and is slightly longer than Al Howie's 1991 Trans-Canada record solo-run of 7,295.5km in 72 days, 10 hours and 23 minutes. Fortunately, we will be running {or walking, or hiking} as a team (everyone's mileage counts), and have a year - from July 01, 2021 to June 30, 2022 - to cover the distance.

There is a \$60 registration fee per runner - prior to July 01, 2021; after which it increases to \$99.00 - (there is also 15% discount for teams of 10 or more runners). As outlined on the event website, each runner gets a finishers medal and swag. All proceeds and donations go to one of two charities. **Registration update: if CCRR members use the discount code; TEAMS15 at checkout when registering for The Big Canada Run, they will receive a 15% discount on registration.**

There is already a core group of 5 committed Road Runners {read that as you may} ready to {virtually} dip our toes at Mile-0 on July 1. The more the merrier.

To register for this event, go

here: <http://raceroster.com/registration/48398/entry?teamEntryToken=GMP2Q3UM2C&year=2021&slug=the-big-canada-run-2021>

To join the Capital City Road Runners team while you are registering, you will need the "secret" code: RunGentlyOutThere!

If you have any questions about the Capital City Road Runner's Big Canada Race team, reach out to me at BigCanadaRace@UltraRunner.ca

Run gently,

Roy