
JIM -

NOV 2005

Carla & Jake's Marathon Newsletter

We Finished!

We awoke at 8am to the sound of rain pelting against our hotel room window. We dressed quickly and had a full breakfast. Team Manitoba/Nunavut met in the lobby for 9am. Everyone looked great in their race shirts and gear - too bad we were all covered with raincoats. We walked down to the starting area for a team photo and a quick warm up... but we got a bit chilly! Before we knew it we were lined up with the 2000 other full marathoners, rain dripping off our noses and the gun went. The start time was 10:05 but it took a few minutes before everyone crossed the start line. We ran. And ran. And ran. What a feeling! Jake's shoes felt 3 times heavier due to all the puddles he slogged through. Carla's were pretty dry somehow. We crossed the half marathon point of 21.1 km in a time of 2 hours and 13 minutes - right on track for a 4:30 full. The rain had stopped, the clouds broke, and the sun came out. Then Jake's calves started to cramp. We had to walk a little bit more than we had planned, and stopped a few times for some stretching. It was a long way home. We were forced to slow down and enjoy the route, talk with kids, check out the scenery, dance to the live music, chat with other racers... and have a fabulous time along the way. We weren't there to win; we were there for the Arthritis Society and for our heroes... We ran strong for the last 750m and crossed the finish line at 42.195 km holding hands. Life has never felt so good.

Finish Time:

Jake 5 hours 04 minutes 15.5 seconds

Carla 5 hours 04 minutes 18.5 seconds



Make sure to tune in

Global Winnipeg will be running short stories (once a month) during the news for the next year about the JIM program and the participants in Lausanne! They were with us during our entire time in Switzerland.

What's next!

Running with Joints in Motion was the most amazing experience ever. To have a reason to run - to have a hero to admire - to hear everyone around you applaud the work you do ...

We are doing it again.
Arthritis isn't cured yet.

One run, one bit of money doesn't solve it all. It helps. Team Canada in Lausanne raised over \$680,000! I was brought to tears at our team dinner listening to all the accomplishments we've made and the challenges and battles yet to go.

So you will see us continuing with our efforts in raising another \$12,000 over the next year. We will be back out running in the blizzards. We'll be sharing more information about arthritis.

See you November 5, 2006 at the New York City Marathon!

Hope you will be there with us again ... even if it's in your thoughts!

Get involved!

You don't have to be a runner to be part of the JIM Team! Raise the money and come along as part of the "Cheer Team". You will be the support for the athletes. Train to walk the distance. You can walk a half or a full marathon! Want more information on how you can get started? Drop us a line and we'll help you get there!

Follow our journey to
New York at
www.punshon.ca

Click on **RUNNING BLOG**

Guess our time winner

Amanda Wray Irvine
From Surrey, BC

She guessed 5:13:25

Jelly Bracelets - get yours at Niuvirvialaaq

Wear one and show your support! The bracelet is powder blue coloured with "Hope for the Long Run" etched in it. Small and large sizes are available. Only \$5.00 with \$4 going to the Arthritis Society. Get yours today!

Arthritis Feature - Lupus

Lupus is the name given to a group of chronic autoimmune diseases. Systemic lupus Erythematosus (SLE) is the most common and serious type of lupus. With SLE, the immune system that normally protects the body from germs, viruses, and bacteria begins to malfunction. It generates antibodies that attack healthy tissue in different parts of the body. These tissues become inflamed as a result. Inflammation can occur in the skin, muscles, joints, heart, lungs, kidneys, blood vessels and the nervous system. SLE can fluctuate between active periods (flare-ups or exacerbation), and times of minimal symptoms or no symptoms (remission).

Lupus affects up to 15,000 (1 in 2000) Canadians. Women are at least ten times more likely to develop lupus than men. It occurs more frequently between the ages of 15 and 45.

For more information on this and other types of Arthritis visit www.arthritis.ca.