
NOV 2006

Carla & Jake's NYC Marathon Newsletter We Finished!



Race Report

For the full race reports, click the following links:

Jake's account of the event:

www.punshon.ca/running/index.php?itemid=224

Carla's version:

www.punshon.ca/running/index.php?itemid=223



You too can be a JIMer!

Imagine - a cure for arthritis.
It is possible. And you are the key!

Ask us - we can get you started! Be a hero!

2007 destinations include:

Machu Picchu, Peru - 4 days hiking the Inca Trail (porters carry your gear!)
Athens, Greece - 10k or marathon
Negril, Jamaica - marathon and ½ marathon
Las Vegas, USA - marathon and ½ marathon

Running or **walking** a marathon, half-marathon, 10k or trekking up a mountain is the experience of a lifetime. Yes - you can walk these events!! (You can run too.) You will be given a solid training program that makes the journey fun. It's also good to know that your effort will raise money to help support arthritis research & community programs.

Every year, hundreds more sign up to achieve a personal goal that also benefits four million Canadians with arthritis. Will you?

For more information on Arthritis visit www.arthritis.ca.



The Final Stats

38,368 runners - 25,890 men & 12,478 women

Top Male: Marilso Gomes dos Santos 2:09:58
Top Female: Jelena Prokopcuka 2:25:05

Jake Finish Time 4:49:24
27,001 - overall placing
19,691- male placing
6,765 - age placing (men 30-39)

Carla Finish Time 3:57:27
11,180 - overall placing
1,981- gender placing
748 - age placing (females 30-39)

JIM Canada (39 runners) raised over \$250,000 in this event alone! The real winner is The Arthritis Society!

What's Next?

Well... run, of course!

The next few weeks of running are kept simple and fun as our bodies recover and heal from the rigors of the marathon. Winter is then a time to keep up the miles but take it easy in the wind, snow, and ice. Rankin winter running is a challenge in it's self!

We have not set any firm goals or races for next summer yet but I am sure we will be running another marathon somewhere. We are planning to run the "Goofy Challenge" in Disney World in January 2008. This consists of a half marathon on the Saturday and a full marathon on the Sunday. Indeed, it is goofy! We are going to need to increase our training and follow some "ultra-marathon" plans to be ready. We are excited to do it!