



THE CODE

1. There will ALWAYS be practices regardless of weather! -30c snowstorms, wind, ice storms, +30 etc, solar eclipses, earthquakes, solar mass ejections, bugs, Xmas, winter solstice, thunder, lightening, sand storms, darkness, sunshine, rain, hurricanes, local tornados, or chemical biological radiological nuclear weapons of mass destruction threats of terrorism, sharknado ... especially in cases of alien invasions, the zombie apocalypse and mass extinction events. So don't e-mail me asking if the ski or snowshoe will be cancelled owing to _____. Seriously, I won't entertain calls from folk complaining that is snowing and asking that practice be cancelled.
2. All sessions are posted on the schedule <http://goo.gl/5tGXAb>. Don't post a question on the FB site asking people where the practice is. You are wasting people's time. Resist the urge (as strong as it might be) to e-mail me asking whether there is practice, where it is, how to get there or what we are doing, what is everyone wearing. I cannot possibly answer each one of you individually, when the information is already posted. Furthermore, I cannot give you and all one-thousand people in the group specific individual directions how to get from their house to the meeting place in the Gatineau Park. So Google it yourself. Rather, than e-mailing me, so I can Google it for you. <http://bit.ly/1H39d0L>
3. Training is not a public consultation. Coaches go to great lengths to plan training sessions, protocols, routes and locations for hundreds of athletes, multiple times per week. It is not an effective use of our time or the rest of the group, to negotiate each session at length with an individual so they can decide not to come. If you need special attention, we are happy to offer personal coaching.
4. If you are not familiar with the route, please download and print the map of the workout from the group training post on <http://goo.gl/5tGXAb>. Bring it with you. Staple it to your chest. Furthermore, the workout will be posted in advance, written on a white board by our vehicle at practice and explained to the whole group before the ski or snowshoe. I get a nervous twitch in one eye every time someone takes my time with phone calls or emails asking for detailed practice descriptions, and then does not show. Anyone that then asks me what the workout is during the workout will do burpies. Anyone who asks me during an

interval will be flogged, while doing burpies waist-deep in chilled pond water, wearing skis.

5. Read your emails. Don't ask me to speak the contents of the email to you personally because you don't read emails. I am not Siri.
6. I am not Uber. Please arrange a ride yourself to get to practice. Feel free to post on the FB site.
7. Dress appropriately. For workouts it is possible to wear warm-ups and then place them on the side of the trail when we are doing shorter loops. For long distance sessions either warm-up before we start or bring a back pack or Sherpa or adventure racer.
8. Be on time. If the session starts at 6:25pm. Be on ready to go at 6:25 PM and gone by 6:30pm. If you arrive early, run, ski or snowshoe in circles to stay warm. If you arrive late, catch up. I will try to post the workout in advance but this can change owing to conditions. So if you are still trying to catch the group after 3 hrs, you have gone too far. Only Annie is still out there.
9. Don't call or write to tell me that there is no snow or too much snow in the Park when you are in Ottawa, or listening to the weather report from the airport 50 km away. There is at least a 5C difference between Ottawa and Chelsea. Many a dorky person has shown up to ski practice in running shoes early season. An it should not come to anyone's surprise that you need snowshoes for a snowshoe practice.
10. Do not post misinformation on the site (as a bad joke or confused question or personal misapprehension) or verbally spread doubt and uncertainty amongst the group in a failed attempt at irony. Like deliberately telling people the wrong route! This just generates confusion, wastes my afternoon answering emails or gets people lost.
11. Similarly, don't post pseudo-scientific advice to the group, without validating your sources.
12. If you come to a formal workout, please stay on mission. Deliberately wondering off-course during intervals or going the wrong way on course will get people lost, confused or injured. Similarly, if I have gone through the effort of blazing a specific route on snowshoes, don't cut the course or create new trails and FUBAR the practice for everyone.
13. Posting Fastest Known Times (FKT) in the park; especially incredible ones, will require GPS evidence on STRAVA, or you will be called out, and be assigned an incredibly fast runner, skier or snowshoer to chaperone you.

14. No racing to the back of the pack. Run, ski or snowshoe your own pace and enjoy yourself. If people need to pass, they will.
15. Don't come to a ski or snowshoe and complain about snow. Or to a run and complain about dirt, mud, rocks or water. What are you thinking? Do cross-fit.
16. Give track if someone is trying to pass you. Be nice if you have to pass someone else on the trail. Actively blocking someone on the trail will cause a ruckus, commotion, disturbance, brouhaha, mêlée, rumpus, brawl and disturbance in the force. Guys, if you are getting chicked, it is because you are slow. Get over it and move over. Have a quiet cry in the bushes. If you are running or skiing the wrong way into someone, someone will need to move. Ring your bell ;-)
17. If the ladies are going for an easy run, ski or snowshoe, no chasing pony tails.
18. Leave noone behind. At least on the warm ups. Unless we call pirate's code.
19. If you go for another two hour run, ski or snowshoe, or hill repeats after one of the pirate captain's intense workouts then a) you did not do the workout cuz you have energy left or b) captain needs to make the next workout harder.
20. If we split into faster and slower groups then the pirate's code is in effect for the fast group; "Fall behind get left behind."
21. Bring a bag containing a towel, a dry set of warm clothing. Temperature can fluctuate 10C from Ottawa.
22. Bring food and water. Especially when it is warm and we are running, skiing or snowshoeing long distance. We have extra gels if you need them.
23. Leave the perfume and aftershave at home. We are a no scent club. Avoid fabric softener or scented soap and shampoo. Bug sprays do not work. All of these throw up a cloud of chemicals when heated up on your stinky body, making you very unpopular with the other runners, skiers, snowshoers and the wildlife.
24. Wash your clothes between training sessions or we will have to wash you during the run, ski or snowshoe. Thank you.
25. If we end up skiing or snowshoeing on the parkways as a group, YOU alone are responsible for your own safety and that of others. Stay to the right. Similarly, move to the side of the trail for chubby bikes, snowshoers, skiers or the groomer. Do not force the public off the trails. We are not all entitled.
26. If we are doing an easy distance run, ski or snowshoe as a group, beware if you race ahead. I have a habit on changing the route suddenly and without warning. It's like being voted off the Island.

27. Similarly, if you think you can gain advantage in the first minutes of the run, ski or snowshoe, bank it up and cash it in later, then you are mistaken. You will just feel deflated.
28. Taking the lead and pushing the pace in front during a distance run, ski or snowshoe will likely just precipitate a race condition. Others will match your speed and raise it. Proceed at your own risk. Don't start something you can't finish. I will send Vero after you.
29. We will form a posse, if you leave early to get a head start when the group has stopped.
30. That being said, we usually stride out at some point in the distance run, ski or snowshoe to satisfy speedsters.
31. Likewise, sprinting folks in the cool-down is ... uncool. Unless I do it, then it is awesome.
32. We often split the group into two or three sub-groups: faster runners, skiers or snowshoers are challenged with a longer more difficult route (to tire them out), and slower, injured or tired athletes are provided the option of easier terrain (to empower them). The point is to keep the group together. Use your judgment when choosing what route to take. With the cold, no one is going to wait very long. We will mark the trees with pee.
33. Arrive early and warm-up. The warm-up (20min) should be done at 60% your race speed, not at 98%. Check yourself before you wreck yourself.
34. Listen to the pre-session briefing. Your life may just depend upon it.
35. Start off at a pace well within your means. There is no point of losing the will to live early in the session. Save that for later.
36. E-mail me for advice or help, but not to whine. Don't call me before a race with a manufactured list of all the things that could go wrong or reasons not to race. I will not support self-sabotaging thoughts. You are racing to the back before the race even started. If you want endorsement from your coach to bail for no good reason, you are not going to get it. Projecting your anxieties onto other teammates is uncool.
37. Similarly, whining in training will get you ridiculed, or ostracized. Outdoor sport is a positive spiritual journey. Toughen the f--- up.
38. Chatty people should be with other chatty people. If the person beside you is grunting, chances are they are not talkative, and they hate you right now. If I

grunt, it is because I have no more space left in my lungs for speech. It is not for lack of caring.

39. Feel free to post photos of the run, ski or snowshoe and your experience. But political statements, off-topic posts, irony that is just not funny or questionable content will be deleted. Issues should be brought directly to my attention. I should not read about them on Twitter or the newspaper.
40. Joining our group so you can troll will not only get you banned, but reported. Hijacking a face book group or wall for a political rant is seriously uncool and will get you banned or blocked. Complaining about the group, trail running, skiing, snowshoeing or folks in the group or other groups or clubs in a public form will get you banned. No ranting about skating or classic. Fun fact: posting to twitter or my wall is not a private message. Over-sharing can be funny sometimes. Do not include our hashtag if you are complaining to government or media about some personal issue, or conspiracy to commit some crime.
41. Do not show up to our run, ski or snowshoe without runners, skis or snowshoes. You will be mocked.
42. If you came with someone, and decide to go longer, and you have the only set of car keys, and your partner will freeze to death waiting for you, or end up snuggling with strangers.
43. Share the trail. Be courteous to everyone. Remember you do not have any special right to the trail because you are running or skiing with a group or doing intervals. Practice giving room in advance to the public and others in the group.
44. Don't show up at a recovery session and race it.
45. No sharing water bottles.
46. Leave nothing but footprints or ski marks... unless you have to go.
47. No shorts over ski tights. OMG what were you thinking. Go ski at the back and we don't know you.
48. Zero for tolerance, sexism, racism, bullying, or felony misbehaving.
49. Thou shall not discriminate by gender, sexual orientation, speed, shape, size or age.
50. It you start a time-trial in the middle of a workout, be prepared to suffer the consequences.
51. There is no such thing as bad weather, only soft people.

52. In case of weather, you are waterproof. Check the label.
53. Career and family do not come first. Running, skiing and snowshoeing do. In case of conflict, invite them.
54. Health before fitness.
55. You must have multiple pairs of skis and shoes.
56. Wax your skis. Or don't complain when you suck.
57. It is all between the toque and the boots. Only a bad athlete blames their equipment. Unless you did not wax, in which case both you and your skis suck.
58. No euro man-groin-pouches.
59. No hair gel. If you wear mascara, you will end up looking like Alice Cooper by the end of the training.
60. If the group stops to wait for you, don't stop 100m away and stop and stare. We are waiting for you. Hello!?
61. Eyewear shall be skiing specific and fall within the current decade. The same for toques.
62. Aviator shades are only cool if you can back it up with elite times.
63. Regular glasses frost up. Bifocals twice as much.
64. Thou shall not project your own race insecurities and anxieties on to your teammates. It is particularly bad form to point out to a team mate how hard the event is going to be for them, all the things that could go wrong and every person that may beat them, while you are at the start line.
65. Ski predictably, and don't make sudden movements. And, under no circumstances, are you to deviate from your line.
66. Stay clear of Nathan A on downhills. (You may want to highlight this one)
67. The ski shops have informed me that they will not honour the warranty if you violate the above mentioned rule.
68. Leave unnecessary gear at home. You will end up carrying it after the first 10 minutes.

69. Close the gap. Falling behind because you dozed off is not cool. We understand if your lungs fell out, or the check-engine light came on.
70. Be self-sufficient.
71. Age is not an excuse.
72. If you ski or snowshoe with a big pack. Don't expect help, unless you bring a pizza.
73. Training starts on time. Really, how is this unclear?
74. Wear an iPod and you won't hear your screams.
75. Texting while running, ski or snowshoe is an acquired skill, but sexting is a special talent.
76. Selfies or group photos are encouraged, particularly during intervals or time trials provided you PB.
77. If you push on uphill be prepared to maintain the effort over the top or suffer the consequences.
78. Don't race to the top of an uphill only to snowplough the downhill.
79. Generally speaking snowploughing is bad and you will be spanked.
80. Don't shine your light in people's eyes.
81. Go hard in intensity, and easy during recovery. Medium-well is lame.
82. Acceptable topics for conversation: races, training, adventures, and how awesome the course is.
83. Unacceptable topics of conversation: anything negative, weather, bugs, politics, religion, cats or cleansing.
84. Refrain from complaining about your aches and pains, injuries, age or incontinence.
85. Speed dating is allowed during running, skiing or snowshoeing.
86. Performance Enhancing Drugs are uncool. So are performance inhibiting drugs.
87. No pre-drinking before trail runs. Unless it is a brewski and you are an over achiever.

88. Anyone who is cranky will be fed sugar. Anyone whose mood does not immediately improve will be spanked.
89. No self-deprecating comments about speed, performance or weight. No racing to the back.
90. Leave the tissues at home. Learn how to blow snot rockets out your nose. BUT NOT ON YOUR SKI.
91. Don't be a master blaster. Going medium-well intensity all the time.
92. Race rage! Intervals or racing is not an excuse in to be an ass.
93. Smile for photographers. Give smart interviews. Thank your sponsors, even if you ain't got any.
94. Wear your team racing suits with pride. Remember that my web address is on it. If you are naughty or nice I will know it. So for goodness sake, you better watch out, you better be aware...
95. Warm-ups are done at half race pace. Anyone caught going too fast will be required to double their speed in the intervals.
96. People will be called out for taking less time in recovery or starting an interval early.
97. Stop making weird noises, like barn animals.
98. After everyone has acknowledged how bass-ass you are for a tumble, go get checked out. If you thundered in and can't remember if you were running, skiing or snowshoeing when it happen...
99. Don't blame the snowshoes, if you are out of breath.
100. Cutting the course is wrong. Unless I say it is right.
101. Don't cramp someone's style by running or skiing side-by-side on a single track. Are you a dog?
102. Don't bring dogs on ski trails. Especially at night during intervals. How did you think that was going to end?
103. We have never lost anyone. They just have decided to go longer. Or really early for the next practice.

104. Avoid Getting lost? Read the map. Listen to the briefing. First establish (right out of your car) and maintain situational awareness. Don't blindly follow someone. Keep your own council. Pay attention to the trails. Keep your head-up and follow posted signs. Make note of what direction you are traveling and the way back to your car. Take note of the topography (hills, streams, ponds). When you get to a trail intersection. Stop and read the signs. Do not just follow the person in front of you. (Did i just say that?) Most of the time, they don't have a clue where they are going. Wait, if you have to, until someone who knows where they are going, comes along. Look both ways at each intersection, so you know what the route looks like from the other direction.
105. Top reasons why people get lost: lack of attention, just following someone, they get onto a main trail put their head down and won't make the turn onto narrower trail, don't make good decisions at intersections, don't know which way is north, persist even though they know they are going in wrong direction. Most often, it is folks in the middle of the pack who get them selves lost.
106. Get lost? Double back. Do not keep going. Learn to read the stars and sun (hint sun and stars rise in the East and set in in the West). The light from city of Ottawa is visible at night from anywhere in the park (it is south). If you head into the dark sky, there is nothing until you reach the North Pole. The sound of the city and highway is often heard coming from the south or south-east. The Camp Fortune, communications tower strobes are visible from high ground. Nearly all trails lead uphill from parking lots. The way home is likely down-hill. Make an arrow in the snow with branches in the direction you are travelling so if you know that you are not going in circles. If you think you are lost... don't panic. Going around in the same circles expecting a different result is tiring.
107. If you are lost, stay to a main trail. It is easier to find you. Going back-country (off-piste) will make it harder to find you. Don't hide from the rescue team. (Don't laugh, it happens more often then you think). Don't leave your car in the parking lot and go into Chelsea to the pub, were the police and us eventually find you (real case).
108. We will wait for a while at the parking lot, before either dividing up your possessions or sending a search party, depending upon how popular you are.
109. In fact, we have so many adventure racers just hoping someone will get lost, so they can have an excuse to do some extra training at night, in the rain, that we have to run a lottery.
110. Don't wait too long after the session to tell us if someone you know is Missing, unless it is your X.

111. We don't need heroic amateurism; folks taking off into the woods to save people only to get themselves lost or cause us to think they are lost, and start another search.
112. Do not call the 911, NCC, fire department, police or boy scouts if you think someone is lost. We will coordinate the search. The last thing we need is a gong show. We have the best adventure athletes and rescue crew already in the group.
113. We have a first aid kit, clothing, extra water and food in our vehicle. Don't be afraid to ask... or if you need a shoulder to cry on. We also have emergency doctors, paramedics, police, fire fighters, podiatrist and psychologists on the training sessions. You can have your twisted ankle treated in minutes, ski repair, while undergoing psychological counselling for all the trauma I have caused.
114. Come to practice or don't. This is your practice and your choice. Posting excuses why you won't be coming to practice or an event in a lame attempt to seek approval of your peers and incite folks to quit as well will get the silence treatment. "Do or do not, there is no try." - Yoda, Jedi Master.
115. Please share your routes and workouts with the group.
116. Everyone must provide one like or supportive comment every week to one member of the group.
117. The group workouts are meant to be a safe place physically, emotionally and spiritually. Check your baggage at home or at the office. Bring your sense of wonder or sense of humour.
118. You cannot drop in and highjack girl's workout if you are a boy.
119. If you describe your last running route in an e-mail to me, I will be happy to graph this out using mapping software in the evening after a ten hour work day and practice and provide you with an exact distance, provided you don't mind my hourly rate.
120. If you have no intention of coming to practice, do not waste the coach's time asking by email what the route and workout is going to be.
121. The roads and parkways are for cars, bikes and rollerskiers. Stay on the grass side when we run as a group. Take responsibility for your own safety and look both ways before you cross – just like kindergarden or I will have you all holding a rope and wearing florescent vests and helmets when we go outside.
122. Big people should not follow little people too closely. It is like an Eighteen-wheeler tail-gaiting a smart car on the highway. One metre rule.

123. Read your emails, the group facebook posts and web site before calling the coaching staff asking for basic information that is right in front of you.
124. Check out our conditions page and the weather office yourself.
<https://www.facebook.com/groups/naturalfitnesslabtrailreport/>
125. Understand social media etiquette with respect to the pages, groups, personal walls and messaging. Personal messages should not be posted to open groups. Don't hijack a post in a comment or someone's wall for your own purposes. Post in the correct sub-group. For example naturalfitnesslabtrailreport is only for trail conditions.
126. Those who have broke the code, gone off course, got lost, posted the dumbest questions, been nominated for a darwin award, have an epic fail, fall, dared to fail or just made me laugh may get added to the natural selection lab group.
127. Wear sunscreen.