

Running is generally a safe activity, however runners may make it even safer:

- Wear bright and reflective clothing, especially when running in low light or night conditions.
- Run on trails and sidewalks where available, otherwise, run facing traffic, in single file, stepping off pavement when oncoming vehicles approach.
- Stay alert at all times, carry identification and a cell phone where practical.
- Run on familiar and well travelled routes. Avoid running alone on deserted trails and streets, and in poorly lit areas particularly at night.
- Obey traffic signals; if the group is separated at intersections, wait for the others to catch up before continuing.
- Use crosswalks where available.
- Do not wear headphones and remain aware of your surroundings.
- Pay attention to weather forecasts, and dress appropriately for changeable conditions.
- Look out for others, and watch for warning signs of cold or heat stress.
- In extreme winter conditions, consider staying closer to home and running loops around a safe area.
- Wear studs or traction devices on your shoes in icy conditions.

Runners are advised to obtain their physician's approval prior to starting a new exercise programme, and to seek medical attention for any injuries.

**For fun and safety, run with others – join the Capital City Road Runners!**



## **Friends of the CCRR:**

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**FALL CLASSIC  
ROAD RACE**



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# Capital City Road Runners

**"The Fun Running Club"**

We are New Brunswick's largest running club with over 100 members of all ages & abilities.

Our mission is  
"To lead, develop and promote positive running experiences in the Fredericton community."



**WWW.CCRR.CA**

## Club Runs

Starting at the UNB Lady Beaverbrook Gym all the year 'round on Wednesdays at 5:30 pm & Saturdays at 8:30 am. Runners also meet informally at the LB Gym on weekdays at 12:00. We run a variety of routes in the city, primarily on the trails, as weather permits. Shower facilities are available at the gym. After the main runs, members gather at a local establishment for a meal, refreshments, and conversation.

## Club Website

[www.crr.ca](http://www.crr.ca) – The website provides a link to all runners in the community by presenting information on club and community events of interest to runners. Club members regularly contribute articles on running, training, health & nutrition.

## Social Events

Several times throughout the year club members get together for various social events to which family & friends are invited. The X-mas Party is a great time to get together for dinner, dancing & conversation – who says running can't be fun??

## Running Seminars

Periodically, the Club hosts seminars on topics such as nutrition, speed work, strength training, massage, preventing injury, etc. These are free and open to all members.

## UNB Gym Pass

The UNB change room facilities and showers are available free to Club members on Wednesday and Saturday runs upon presentation of CCRR membership cards. If you wish to use the facilities on a regular basis, or to use the cardio or strength training rooms, or the pool, facility passes are available at a reduced rate to CCRR members.

## Fall Classic

Started by the CCRR in 1983, it has become one of NB's premier road racing events. Set in late September, it's a great way to celebrate and challenge your running.

## Run NB

There is a strong provincial racing circuit. Club members participate in many races throughout NB. The schedule is available at [www.anb.ca](http://www.anb.ca)

## Marathons

The club has scores of runners with marathon experience who can offer tips on workouts, training, nutrition and provide companionship on long training runs. The Club holds a winter & spring training clinic to prepare first-time marathoners and half-marathoners, as well as to guide seasoned runners to PBs, focusing on the CCRR's Annual Fredericton Marathon in May.

## Special Events

The club hosts special events throughout the year to keep the fun in running, such as the "Predict-your-time" fun runs & walks, the Jingle Bell Run, the "Better-than-Boston" Relay, the Metric Marathon, the Fulton Five, the Dam Run, Not-the-Honolulu Marathon, the Frozen Nose 'n Toes and Open Houses to welcome new members.

## Community Outreach

The CCRR has adopted a section of the Crosstown Trail in Fredericton. The club is proud to promote and model healthy and active lifestyles to the community.

## New Members

Come on out and meet the Club for a fun run anytime. Check [www.crr.ca](http://www.crr.ca) for info and to contact the club executive.



## Join the CCRR!

### MEMBERSHIP APPLICATION

- Regular membership ..... \$25
- Family membership ..... \$40
- New membership
- Renewal

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

Home Number \_\_\_\_\_

Cell Number \_\_\_\_\_

Email address \_\_\_\_\_

### 2 OPTIONS TO JOIN:

#1 Mail form with payment to:  
CCRR, 527 Dundonald Street, Suite 212,  
Fredericton, NB E3B 1X5

#2 Join online at [www.atlanticchip.ca](http://www.atlanticchip.ca)

### CCRR RELEASE WAIVER AND INDEMNITY

I know that running and participating in club races and other related events are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I assume all risks associated with running and participating in club activities including, but not limited to, falls, contact with other participants, the effects of the weather, the conditions of the roads and traffic on the course, all such risks being known and appreciated by me. I agree to adhere to Club safety regulations and related requests. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Capital City Road Runners, its Officers and/or Members and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I agree with all principles of this waiver:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_