

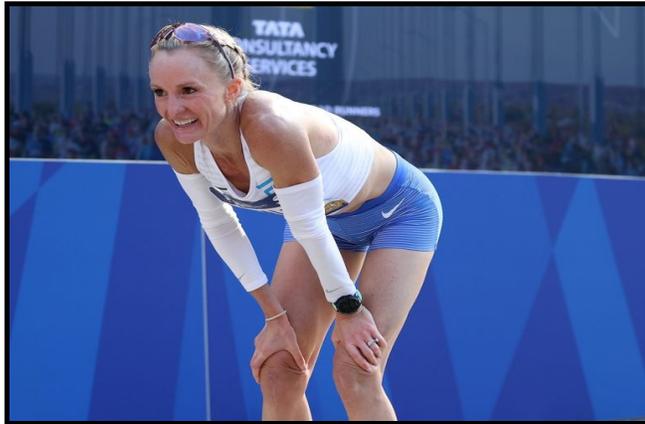
DECEMBER 2021

~ FOOTNOTES ~



It was a great temperature and day for a run. Justin Young came across the line in 57 minutes for the 13.1 km run and Michel Melanson and Mary Bartlett both came second, under 59 minutes with Troy Sandwith coming in third. Paul Looker was the only one to do it twice, for a distance of 26.2 km! Way to go Paul!! Great turnout - 30 people!

Shalane Flanagan Finishes Her Final World Major



On September 20, Shalane Flanagan announced on Instagram that she would be attempting to complete all six World Marathon Majors. However, there was a touch of added difficulty—all six of those majors would happen in a two month period because of COVID-19 postponements. In New York City, Flanagan completed her goal with her fastest time yet. Her finishing times were as follows:

Berlin Marathon (September 26) — 2:38:32

London Marathon (October 3) — 2:35:04

Chicago Marathon (October 10) — 2:46:39

Boston Marathon (October 11) — 2:40:36

Tokyo Marathon (virtual, October) — 2:35:14

New York Marathon (November 7) — 2:33:32

Finishing the 2021 New York City Marathon in 2:33:32, Shalane Flanagan completed the unprecedented challenge of running all six World Marathon Majors in 42 days. Sunday’s race was Flanagan’s fastest marathon of the series, which took place four years after she became the first American woman in 40 years to win the event as a pro.

“I was just hoping to feel good and just run my last one, the fastest. I accomplished that. I calculated well,” Flanagan said after crossing the finish line in Central Park. “I felt way better in the last six miles than I have in the other ones. So I had probably more in me, but I was so conservative just because the last ones were so close together that the last six miles were a little grindy, and I had to really focus. And this one, I felt like I could open up, and I actually felt really good.”

The President's Report by Fran Robinson



Hello everyone. Hard to believe it's November already. I find the days so short. It's hard to get much done anymore but I'm still retired! We're running again in the dark on Wednesday nights. I wouldn't do it alone, but with the help of others, I surely can.

We're coming up to our AGM on November 27th. We certainly have a great Executive this year. Mike McKendy is stepping down from his role as Member at Large. Mike has been very helpful this year in contributing to modifying the Constitution and being our go to Covid policy man, among many other things. Many thanks Mike for all your hard work this year. You will be missed!!

Janet is doing a great job of keeping us on track with well written minutes; Paul Looker is doing an awesome job of keeping the membership in the loop with his interesting posts and emails; Harry has just signed on as Treasurer since Sara has taken over the job of Fall Classic Director - go Harry and Sara. Mike Stapenhurst is a great sounding board for me and helps me with issues that I encounter along the way. Thanks all for your hard work. Behind all the scenes is John Cathcart, making sure we all get a copy of the Footnotes newsletter that he publishes every month. Thanks so much John, for your tremendous effort. You put together a very flavoured and interesting read!!

We have an awesome group of people that are our members. So many people have so much energy. Paul Looker walked the Canadian portion of the Appalachian Trail this summer. Kay, Amelia, Terry, Anne and Sara completed the virtual Boston Marathon this year. Cindy and Rick were support crew, to name a few. Congratulations to you all. The Park Run started on Saturday and several of our members were out for that. Several people virtually ran the Fall Classic since it had to be cancelled unfortunately. Let us know what you accomplished!

Covid is still in our midst unfortunately. Despite that, some activities are still carrying on. We were able to hold the Tom Reddon Metric Marathon and we had almost 30 members in attendance. Justin Young came in first, having hardly broken a sweat after completing the 13.1 km circuit followed by Mary Bartlett, Mike Melanson and Troy Sandwith. Paul Looker ran double the distance - 26.2 km. Great job everyone. Charlotte Reddon did a great job getting the run started. With any luck, the Not the Honolulu Run, and the Jingle Bell Run will be a go. The December Challenge is definitely on! Keep on running and keep your spirits up! ~ Fran

~ December Challenge 2021 ~



Another installment of the December Challenge looms.

All runners and walkers are welcome. The task remains the same as previous years – to run or walk 3 km daily for the month of December. The fee has increased to \$5 for the month, proceeds going to Fredericton Food Bank as usual.

To register or with questions
(registration deadline of December 5),
send an email to Franrobinson100@gmail.com

The Tom Reddon Metric Marathon 2021

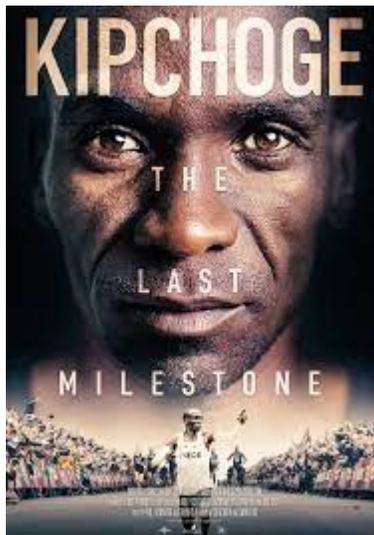


Thank you for honouring Tom Reddon's memory with the renaming of this event. We are touched by the kindness of the running community. ~ Charlotte

Running on Medium by Jason Scarbro

November 2021

This month's pick:
"Kipchoge – The Last Milestone"
Directed by Jake Scott



Kipchoge – The Last Milestone is a documentary film about Eliud Kipchoge successfully running a marathon in under 2 hours in October 2019. The film explores Kipchoge's life story and the events/factors that have helped make him arguably the greatest distance runner of all time. It also gives a behind-the-scenes glimpse at the immense scope of this "project", while not shying away from the controversy associated with it. Kipchoge's philosophy that "No Human is Limited" is the underlying theme, and the film draws a parallel between "breaking 2" and other significant human endeavours such as Edmund Hillary and Tenzing Norgay summiting Mount Everest in 1953, Roger Bannister running a sub-4 minute mile in 1954, and Neil Armstrong walking on the moon in 1969.

WARNING – Tangent Ahead!

Earlier this week I did my scheduled workout on the treadmill instead of going outside (I know, I know, the shame of it all . . . don't tell Tony). The aim of the workout was to progressively run intervals at faster paces, so I decided to run 9 mph for 30 seconds, followed by 10 mph for 20 seconds, and then finish with 11 mph for 10 seconds (and then repeat the cycle four more times). I learned a couple things about what life is like while running 11 mph. First, it is hard to hit the

correct buttons on a treadmill when you're flailing around. Second, thank goodness I only had to run at that speed for 10 seconds because my position on the treadmill was trending towards the back (I'm quite sure that if the interval had been 12 seconds, I would have been thrown off the back, which was partly why it was so dang hard to hit the buttons – I couldn't reach them!).

Later in the week, this experience helped me to fully appreciate the absurdity of needing to run an average pace of over 13.1 mph (or 21 kph) in order to finish a marathon in under 2 hours. My treadmill only goes to 12 mph, so thankfully I will be spared the embarrassing and dangerous temptation to give that pace a try. For those of you who like to live dangerously, the Abbott World Majors (i.e., Berlin, London, New York, Boston, Chicago, and Tokyo) often bring an oversized treadmill to the expo where runners can see how long they can last at world record pace (here's a link to a video if you want a good chuckle at someone else's expense - <https://www.youtube.com/watch?v=SRYtn0j5ccA>).



Kipchoge's accomplishment has been somewhat divisive. Many running purists have argued that it is artificial, and some even feel that it represents a form of cheating. There are valid points to be made here as many variables that are typically outside of one's control were manipulated (i.e., aerodynamics created by the pacers) and Kipchoge had access to carbon plated running shoes (with a stack height over 40 mm) that some would call a form of technological doping. Look, I get all that, but my tangent earlier was meant to remind us that despite the advantages he enjoyed, running 13.1 mph for just under 2 hours is, in my opinion, worthy of praise (or, at minimum, a Strava kudo).



This wasn't meant to be an opinion piece, so I'll end with some general take-aways from watching the documentary:

- Similar to many star athletes, Kipchoge experienced trauma in his childhood and faced challenges early on in his life.
- Kipchoge's ability to tolerate pain and his overall "mental fitness" may be the most significant differentiator between him and other physically talented runners.
- I found the relationship between setting limits and actual performance to be incredibly interesting. I have always looked at goal race times as necessary for success (because of pacing), but perhaps that's not the case if someone is too conservative. Does it become a self-fulfilling prophecy?
- On a similar note, is the fear of failure holding some of us back. Going beyond our perceived limits may increase the risk of a DNF, but it may also lead to a breakthrough performance that you didn't think was possible
- The importance of consistency and incremental progress over time (the theory of marginal gains).
- Although running is often thought of as a sport of individuals, surrounding yourself with a supportive team can be a difference maker.
-



The original broadcast was watched in 500 million homes across 196 countries (plus 120,000 fans in Vienna, Austria watched in live). That many people can't be wrong, right? I do think *Kipchoge: The Last Milestone* is worthy of your time and money and encourage you to check it out. Here's a link to the trailer if you want to test that recommendation - <https://www.youtube.com/watch?v=Pil7eUX6o8U>.

Next month's planned pick – *80/20 Running* by Matt Fitzgerald

Enjoy your running!

Jason Scarbro

2021 Fulton 5 by Bernie Arseneau



Unfortunately, the Fulton 5 fun run, the premier CCR Northside event, was cancelled again this year due to Covid. On an informal basis, runners and walkers were invited to run or walk on October 30th or 31st.

This fun run was started in 2000 as part of Mike McKendy's quest for 2000 miles of running during the year. The fun run is held annually the last Sunday in October. Each year, we usually have between 20 and 30 participants from the greater running community. Part of the tradition is the gathering after the fun run to socialize at a local pub or brewery.

The route for that inaugural run in 2000 started behind the Fredericton Indoor Pool in Nashwaaksis and finished in the parking lot across from the soccer fields. Tom Reddon was proud to have created a downhill course.

The next year in 2001, Tom certified a 5 km course starting and finishing in the parking lot near the field house. This year, Roy Nicholl, one of the original participants in 2000, re-certified the course and established a line to mark the start/finish (it is across from the flagpoles).

The course alternates between clockwise and counter-clockwise around Fulton Heights. I would encourage everyone to run the route; it is a nice challenging 5k.



Sunday, October 31, 2021 was a rainy day. I am aware of least 4 people who ran the course this year. Harry Drost ran at 14:00 in the rain. Not surprisingly, Harry had also run the course solo in 2020, he claims to have won the Fulton 5 in 2020 and 2021. Tony Tremblay and I went out at 15:00. The rain had eased up by then and Kay and Rick Stairs were waiting for us at the finish line. Trevor Mason went out closer to 17:00 and had to dodge trick-or-treaters in the neighbourhood.

Mark your calendars for the next Fulton 5, which will be held on October 30, 2022 starting at 14:00.

~ Bernie Arseneau

Runbers by Rob Jackson

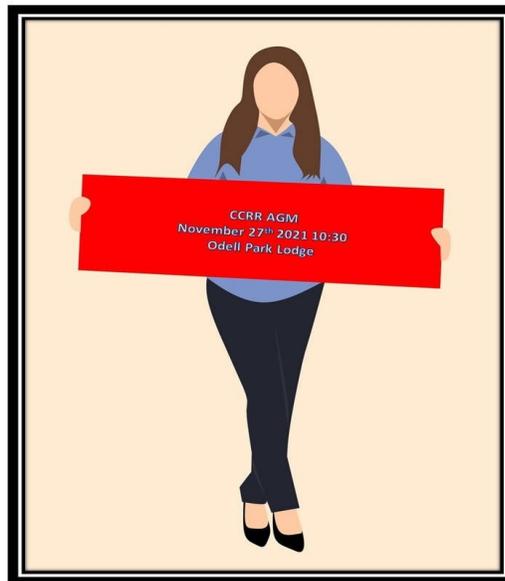
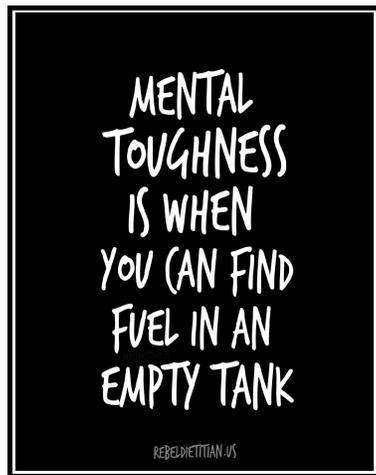
You're reading "Runbers", a collection of numbers related to running. Issue #25



The "December Challenge" is upon us. The challenge is to run or walk outdoors for at least 3kms each and every day in December. There are SO many "runbers" that come to mind with this challenge! The total minimum distance is 93kms or 57.8 miles. That is the distance from Fredericton to the Fundy Regional Service Commission landfill site just outside Saint John. That's probably not a good image to have in mind during your runs, so let's go in another direction.

Your 93-km total will take you from Fredericton to the Irving Miramichi Woodlands office in Doaktown. Depending on your stride length, you will take between 80,000 and 100,000 strides to complete the challenge. If you run at a pace of 7 minutes per kilometre, it will take you 10 hours and 51 minutes to complete the 93kms. That time is just 1.46% of the total hours and minutes in the month of December.

If you prefer to run in daylight, there are 16,163 minutes of daylight in Fredericton in December, so your commitment of 10 hours and 51 minutes will require only 4.03% of the daylight hours in December. But the most important number of all is the total number of dollars the collective effort will raise, to assist the Fredericton Foodbank. So get out there and enjoy the December Challenge!



Sanctuaries in Time by the Running Rev



Do you remember the very first time you laced up the old running shoes and headed outdoors for your first ever run? I can't. What I do remember was deciding it was time to shed some weight. The weight gain came about after being married in 1972 and then sitting back enjoying my wife's cooking and especially her desserts and "wee pastries" as they say back home in Ireland.

There was a couple of things happened after we were married. When dating I used to walk 4 miles - 2 up and 2 down - to where Phyllis lived. Her family lived at the other end of town and it was mostly uphill but much easier making my way back home. The second thing that changed was my job. The factory was rumoured to be closing down (and it did) so I applied for another factory job, but it involved shift-work. During the night shift it was amazing the amount of food I could put away and that was along with my daytime regular meals. Being a good sleeper was a benefit not enjoyed by many of my co-workers, however, I had no trouble sleeping in the daytime. It didn't take long to gain a few extra pounds.

I can't remember exactly when, but one day in the summer of 1974, it was a beautiful summer evening, and being young and full of vim and vigour, laced up my pair of light rubber soled canvas shoes - known as gutties - and headed out the door. My intent was to draw on my experience when training for boxing. Everything at the boxing club was always done in 3 minute slots - the punch-bag, skipping, sit-ups, push-ups, sparring, you name it - it was always 3 minutes with a 1 minute rest. So that was how running would be approached. Run for 3 minutes

than take a 1 minute walk break and go for another 3 minutes. It worked better in theory. I didn't get far and it was nowhere near 3 minutes before finding myself huffing and puffing and having to stop. Using a regular watch let me tell you 3 minutes is a long time. It didn't help that the route taken had some hills.



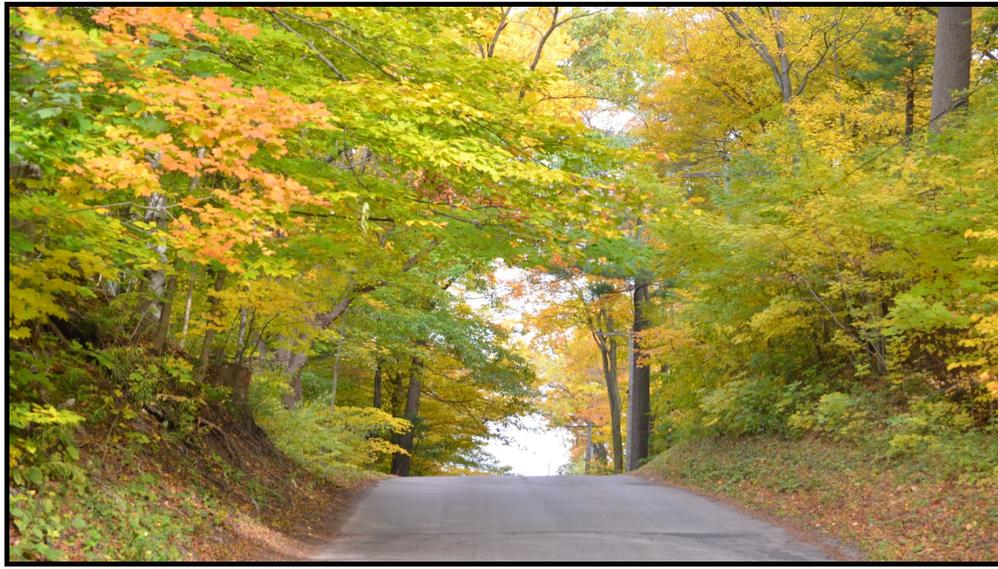
Wanting to get away from traffic fumes my route soon became rolling hills. The country roads were narrow, with hedges kept trim on both sides by the farmers. The roads were so narrow that when a car came along I would have to step off to the side to let them pass. Some of those rolling hills back then felt more like mountains which I mostly walked up and then ran down the other side. I had long given up on the 3 minute interval plan

and just ran until breathless and the need to walk took over. Planning to do a 30 minute run, and thankfully there were no GPS's at the time as it would be embarrassing to tell you just how far I got before reaching the 15 minute turnaround point. Let's just say it was closer to my starting point than planned!

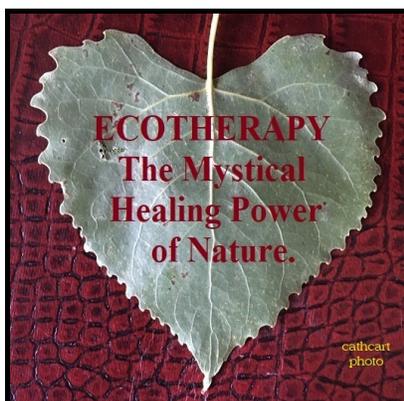
When reaching the turnaround spot it was an opportunity to take time and have a look around. I wasn't really that far from the housing area where we lived and realized that those rolling hills were going up more than down and the view going back would be amazing. I had discovered the Irish Antrim Hills.

I remember there being some cows in the field where I had stopped. Birds were darting in and out of the hedges but it was the silence that really got me. It was just me and nature. Gone were the hustle and bustle and noise of everyday life. Just silence. The view on the way back was much more interesting. Even though it was rolling hills, it was going downhill and felt a little easier. During the walking recovery periods, which were probably much longer than the running periods truth be told, I just took in the beauty and solitude of the summer evening. The calm of that evening and the silence still stays with me today.

The next day my legs hurt. Boy, was I out of shape. A few days later another effort was made. It was worse than the first time. Managing to get to the turn around point to find the cows were still in the field, and the fields beyond looked like a great quilt of many shades of green, the birds were still darting in and out of the neatly groomed hedges and there it was again - the silence. I had found what for me was my first "running sanctuary". I was hooked on running in nature.



After yet another factory closure, we emigrated to New Brunswick. Where we lived was just down the road from the UNB woodlot. It was July and setting out for a run I headed up to the woodlot. Having been running for a while it was an easy run to the woodlot and once again sanctuary was found. Nestled between busy roads, but when in the woodlot, it was the silence that got me. On other runs there were deer, and once I saw a bear which caused me to retrace my steps quickly. Birds were singing in the trees. The solitude of the UNB woodlot became my sanctuary for many years. I still can feel the silence and yearn for those days when running was easy and a lot different from that very first run.



Since moving to Ontario, there is one place, that at this time of the year reminds me of those rolling hills back in Ireland. It is the narrow country roads of the aptly named Fonthill. When the trees are in dressed in their Autumn dresses a run through this area feels like that very first sanctuary run where the rolling hills gave way to a spectacular view of quilted fields thus making the effort all the more worthwhile.

What about you? Do you have a place you call your sanctuary? Now that I am getting older and slower, those places of sanctuary are more important than times or distance. These days I'm thankful for the health to be able to run.

(PS - photos are of the rolling hills of Fonthill). ~ *the running rev.*

Capital City Road Runners ~ Partners for Life

by Roy Nicholl



I still want your blood!! ... and not just a drop or two, I want it by the pint! O, A, B or AB, + or - ... I'm not picky, I want it all!!! ... but not for me ... it's for a friend.

For those who may have missed the email sent-out just before Hallowe'en, allow me re-extend the invitation to join the CCRP Partners for Life team. I know many of you donate blood on a {semi} regular basis ... and more of you are just looking for the opportunity to donate!

I also know many runners love to set goals and track things - times, marathons, mileage, etc. With this in-mind, I've been working with Canadian Blood Services to set-up the Capital City Road Runners as a "Partners for Life" team

What is a "Partners for Life" Team and why should I join one?

It often takes more than one donor to save a life. The Partners for Life program was established as a means of bring people together to help raise awareness, donate blood or plasma or support the stem cell and organ donation registries. Organizations and community groups can create teams under the partners for life to help support these efforts.

In the case of the Capital City Road Runners team, our team has been set-up with an annual "target" (a modest 10 20 donations for 2021 (we are already at 18)) towards which all individual donations contribute. Having a team target and tally will enable us to encourage, support and celebrate our collective effort to ensure the health system has the blood supply it needs. For those of you who lean towards the competitive, you can always use our team efforts to spur along other local teams.

In the future, if there is interest, our Partners for Life team could participate in assisting with a local donor clinic or (co-)hosting one.

But I am already on a team at work...

That's great to hear! And, it is not a problem. You are able to be a member of up to four Partners for Life teams simultaneously and your donations will automatically count towards the target for each team. So if you are already a member of a team at work or with another community group, you do not have choose between us.

Tom Reddon Metric Marathon



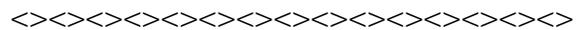
Thanks to all of you who came out yesterday for the Tom Reddon Metric Marathon. We had 30 people out. Thanks to Charlotte Blakney-Reddon for starting our race in honour of her husband Tom whose presence is greatly missed. ~ Fran



KUDOS CORNER!

The CCRR Executive thought it would be a great idea to highlight the kinds of activities we are doing in our lives, and not necessarily just running events. If you yourself, or you know of one of our members, who is a runner or walker, that has done something special (examples might be - participating in a marathon, first place in a road race, oldest participant, wedding anniversary, completion of an event of some kind, etc), please send a few words about this event to the Editor John Cathcart and highlight your participation, or about someone else's participation in the event. We will have this column open every month in Footnotes.

Thanks!



KUDOS

Perhaps the first Kudos ought to go to a group of people who give of their time to further the interests of the Capital City Road Runners - especially that team who help organize events, races, meals, and a host of other things that make the CCRR not just the "Fun Running Club" but an integral member of the wider community.

Here's to the CCRR Executive, Fran Robinson, Sara Young, Mike Stapenhurst Harry Drost, Mike McKendy, Janet Tree, and Paul Looker. Kudos! ~ *Editor*

Thanks for all you do for the CCRR Club.

“Hey, look what happened to your sweaty old FALL CLASSIC t-shirts”

... thanks to Henny for a “tribute square” for Tom, at 4 across, 4 down.

~ submitted by Kay Stairs ~



FOSSIL'S CORNER by Steve Scott



Fossil Historical Facts; between 1981 and 1992 I ran a lot of 10 km races (51 that I have results for) plus many more. In that period of time 8 of these 10 km races were under 38 minutes and 41 were under 40 minutes. I bring this to your attention not brag because my efforts were not up to the standards of my peers in the CCRR (Paul Lavoie, David Tree and John Cathcart to name a few). Please note they are still with the Club after all these years. This is just to

illustrate that in those days competition within and without the Club was fierce and friendly. We grew up on competition as a great outlet for us to relieve the stress of our everyday lives. And it became a part of us which we always tried to pass forward to those younger folks who joined our Capital City Road Runners Club. Times have changed as we have aged and matured however and I am okay with that and volunteer instead.

All through our history as a Club the torch continues to be passed and new folks make their mark with their work ethic in promoting CCRR in so many ways. They make running and now walking available to anyone who chooses to join us in our lifestyle.

From our humble beginnings in 1983 the CCRR became an integral part in the running boom in our Province of New Brunswick and in fact lead the way to running becoming a sort of new mainstream for lifestyle fitness that was not only easy to do but relatively cheap. All you needed was a pair of sneakers. Over the years, we, through our love of this “running, jogging thing” actually created a demand for events that any runner and walker could participate in.

We (CCRR) brought our City of Fredericton to the realization that through our volunteer activities, we created a market that would bring people in for Tourism purposes. It has worked so well that our Fall Classic and the Marathon that we helped build became a well respected Marathon around the world; pretty good for the Fun Running Club, eh.

Over the years there have been many ebbs and flows (or ups and downs) but generally the CCRR has managed to keep on moving forward re-inventing itself, and of course, somehow by having forward thinking and moving people running with us. Despite the fact that COVID has been a constant thorn in our collective butts recently and longer; ingenuity, determination and good old True Grit have survived and our current CCRR Executive are forging forward and I hope that our Annual General Meeting this month reflects that. They have done some great work during these “trying times” and they certainly deserve our support.

In closing, just remember “. . . there is no finish line . . .” ~ *Fossil*



From the Back of the Pack



Hi! At this time I am writing all the way from Zeeland, Michigan. The border to the USA opened a week ago and now we are at our oldest son's place and in a couple of days we are travelling to the third oldest son in Cedar Lake, Indiana.

My private physiotherapist advised me to stretch often. I don't know how much is often but I tried my best but Henny says that is not often enough! I have added another new stretch and it is called rest and this one works, the pain is gone!

Another 50 km of cycling and I will have reached my goal of 8000 km.

My goal for running is way off so I have to pick up "running" big time.

Luckily the December walking/running Challenge is coming up. Are you participating?

Many Drost's are eagerly awaiting the start of this prestigious event! No matter if they take part or not they will be harassed and made fun off! This year there will be many efforts made to beat the old guy. FTBOTP ~Harry.



Not The Honolulu Run 2019

Save the date folks. The Not The Honolulu will be held on Saturday, December 11th. We are back at Mactaquac this year for our run. We'll have coffee and treats afterwards.