

FEBRUARY 2024

~~~ FOOTNOTES ~~~



**Event** **February 10th, 2024**

**#2**

Stagger Start Event - 10km  
2022/2023 PB + 1:00 will be used to  
determine starting position  
(Walkers: Mass start. Distance covered  
in 1 hour of walking)



**CAPITAL CITY ROAD RUNNERS & WALKERS CLUB**

## **JOIN THE CLUB ~**

*If you're not already a member of CRRR why not join us? It's always fun to run with others and we enjoy plenty of social events as well. As a member you will get:*

*Lots of fun-running events*

*·Training companions for marathons, half-marathons etc.*

*·Regular bi-weekly runs*

*We meet at the Currie Centre  
Wednesday evenings (5:30 PM)  
and Saturday mornings (8:30 AM)*

*Membership is only \$25 per year  
or \$40 for a family.*

*All running levels are welcome – we  
have a growing 'back of the pack'  
group who like to take it easy!*

*To sign up online visit  
<https://www.crrr.ca/membership>  
or  
contact any member of our CRRR  
Executive listed in Footnotes.*



## **CAPITAL CITY ROADRUNNERS Club Executive 2024**

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**~FOOTNOTES ~CONTRIBUTORS**

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***Rob Jackson - John Cathcart***

***Paul Looker - Steve Scott***

## Do You See The World Around Us by the Running Rev



As runners, we move along at a pretty good clip, and as we do so, the world of nature whizzes past on each side and at the end of a run, unless we trip over it, we seldom “see” the beauty of nature as we try to leave it behind as fast as we can.

Walking, which I’m doing more of these days, is very different. There is time to take in the sights and sounds of nature. Along the canal path, at this time of the year, the Canada geese gather as the evening shadows fall. There is a great skein of geese as they make perfect landings on the water, but when they do they become rowdy and very noisy. I suppose there is a fair bit of re-establishing the pecking order. The whole event takes about five minutes and it is a wonder to see and hear. However, once everything has been settled, all the gaggling done, there is a silence that falls over the canal along with the darkness of night. It is indeed a wonderful experience.

As the late Irish poet and writer John O’Donohue points out, “Many of us have made our world so familiar that we do not see it anymore. An interesting question to ask yourself at night is ‘What did I really see this day?’ You could be surprised at what you did not see.”

I have always found John O’Donohue helpful as his words lend themselves to introspection and contemplation. Pope Gregory (c540-604) is credited with defining contemplation as “resting in God.”

One of my delights is to sit under the old Maple tree in the Loyalist Cemetery on what I have named the prayer bench, and it is here I sit awhile and simply “rest in God.”

I often find myself thinking of John O’Donohue’s words that challenges us to “see” the world around us. He asks us to ask ourselves, “What way do I behold the world?”

He offers ways of seeing the world that are helpful in times of contemplation and through his engaging question we can discover our specific pattern of seeing.

First, as O'Donohue points out, "We can look at the world through the fearful eye. When you look toward the world in a fearful way, all you see and concentrate on are things that can damage and threaten you. The fearful eye is always besieged by threat.

"To the greedy eye, everything can be possessed. Greed is one of the powerful forces in the modern Western world. It is sad that a greedy person can never enjoy what they have because they are haunted by that which they do not yet possess.

"To the judgmental eye, everything is closed in definitive frames. When the judgmental eye looks out, it sees things in lines and squares. It is always excluding and separating, and therefore it never sees in a compassionate or celebratory way. Sadly, the judgmental eye is always equally harsh with itself.

"To the resentful eye, everything is begrudged. People who have allowed the canker of resentment into their vision can never enjoy who they are or what they have. They are always looking out towards others with resentment.

"To the indifferent eye, nothing calls or awakens. Indifference is the hallmark of our times. It is said that indifference is necessary for power; to hold control one has to be successfully indifferent to the needs and vulnerabilities of those under control. Without even knowing it, indifference can place you beyond the frontiers of compassion, healing and love.

"To the inferior eye, everyone else is greater. Others are more beautiful, brilliant, and gifted than you. The inferior eye is always looking away from its own treasures. It can never celebrate its own presence and potential. The inferior eye is blind to its secret beauty.

"To the loving eye, everything is real. The art of love is neither sentimental nor naive. Such love is the greatest criterion of truth, celebration, and reality. If we could look at the world in a loving way, then the world would rise up before us full of invitation, possibility, and depth. The loving eye can even coax pain, hurt, and violence toward transfiguration and renewal.

Starting most most days with my daily saunter along the OK Canal, I remember O'Donohue's inspiring words that begins his reflection on the "power of seeing" in his book *Anam Cara* where he writes, "The eye, when it opens, is like the dawn breaking in the night. When it opens, a new world is there." *The running rev.*

**You're reading "Runbers", a collection of numbers related to running.  
Issue #48: A short quiz to test your knowledge about the history  
of road racing and runners in Canada: by Rob Jackson**



In what year was the first Boston Marathon held, which is often considered the oldest annual marathon in the world?

- a) 1886      c) 1902
- b) 1897      d) 1925

Which Canadian runner became the first North American woman to win the Boston Marathon in 1980?

- a) Clara Hughes      c) Jacqueline Gareau
- b) Rachel Cliff      d) Lanni Marchant

The Vancouver Sun Run, one of Canada's largest 10K races, started in which year?

- a) 1980      c) 1972
- b) 1995      d) 2003

Terry Fox, a Canadian national hero, embarked on his Marathon of Hope in 1980 to raise money for cancer research. How far did he run before his journey was cut short?

- a) 1000 kilometers      c) 5,373 kilometers
- b) 3,339 kilometers      d) 4200 kilometers

Which Canadian sprinter won three gold medals in the 1988 Olympics, becoming the fastest man in the world at that time?

- a) Donovan Bailey      c) Andre De Grasse
- b) Ben Johnson      d) Glenroy Gilbert

The Scotiabank Toronto Waterfront Marathon is known for being a fast course and is part of the World Marathon Majors. In which year did it join this prestigious series?

- a) 2004      c) 1995
- b) 2011      d) 2015

Who was known as "Canada's Marathon Man" and set numerous Canadian records in the marathon during the 1970s and 1980s?

- a) Reid Coolsaet      c) Gary Reed
- b) Jerome Drayton      d) Dylan Wykes

In 2019, Brigid Kosgei set a new women's marathon world record at the Chicago Marathon. What Canadian city does the Chicago Marathon often draw parallels with in terms of its fast course?

- a) Toronto      c) Vancouver
- b) Montreal      d) Ottawa      (Answers at the end of *Footnotes*- **Rob**)

## FROM THE PRESIDENT BY FRAN ROBINSON



Hey everyone!

Hope this finds you all well. Today is an overcast day and not overly cold, but the wind is sure strong and the windchill makes it feel so much colder. I'm sitting writing this in front of a nice hot fire in our woodstove!

January always feels a little quieter in the running scene, than December does. We sure had a busy fall and Christmas season, so having a quieter start to the new year certainly works for me.

The beginning of January saw the completion of the December Challenge that Amelia Beaney spearheaded this year. Jointly, we raised \$848 for various charities.

The first point series was held as well thanks to Paul Looker. Amelia Beaney was only 16 seconds off her predicted time, so she came first in that one.

Sara Young is the lead captain for the Coldest Night of the Year Team. That event is being held February 24th. Not sure how many people have joined or what the total raised to date is. Last year, we raised over \$3000. Hopefully we can match or exceed that this year too! Join our team by following this link:

<https://secure.e2rm.com/regis.../TeamFundraisingPage.aspx...>

If you're not able to join our team, please consider donating. This can be done by clicking the 'donate to team' button within the same link above.

Finally, registration is once again open. If you are interested in registering and you haven't done so yet, please use this link! <https://www.crr.ca/membership>

Finally, here's a valuable insight for today and one that I'm feeling as I train for my ski competition late March.

*"Enjoy the journey and try to get better every day. And don't lose the passion and the love for what you do." Nadia Comaneci - Former Gymnast-Gold Medalist*

All the best,

~ *Fran*



## Point Series Event #2.

Saturday, 2024-02-10

Start: Gazebo at the corner of University Avenue and Beaverbrook Street.

Time: First start 08:30. (Walkers and first runner.)

The 2nd event of the 2024 CCRR&W Point Series is a stagger start event. The distance for runners will be 10 km. The walking event will be a 1 hour event, with a mass start. Walkers turn around at the hour mark, and return to the finish line. Walkers will be scored on the distance they have covered during that hour. Runners will be scored by their position crossing the finish line.

Runners, your starting position and time will be determined by your PB for this distance in 2022 or 2023. We will add one minute to each persons PB time to account for winter conditions. If you haven't run a 10 km in the last two years then provide the starter (me) with a realistic estimated finishing time so you can be placed in the appropriate starting order. For many of you, I believe that your running watch may store personal bests or make predictions of your times for various distances.

For those that may have to wait a bit before starting an extra layer of warm clothing can be left at the starting area, I will remain at the gazebo during the event to record all the finishers.

Looking forward to seeing you all there. You can send your 10 km times to me in advance at the club's email address, [info@ccrr.ca](mailto:info@ccrr.ca) ~ *Paul*.

## FOSSILS CORNER BY STEVE SCOTT



Due to the ever-changing climate in our little corner of the world, I would like to elaborate on some comments of the training comments in my last issue about how to proceed and still get your training done. With outdoor training being very treacherous it is important to us the alternatives available to you.

These would include:

- Indoor running at one of the several tracks available in the Fredericton/Oromocto area.
- Indoor treadmill running at local Gyms.
- Spinning at local gyms or using your bike (if you have one) on an indoor trainer.
- Elliptical trainer workout at local gyms or your own one at home; same caveat as above.
- Pool jogging in a local pool.  
This is basically treading water while imitating a running motion.
- Swimming laps at a local pool.
- Doing interval work at a local track.

Making adjustments like the above will make sure that you are ready for that weekly long run. It will also rest your legs and whole body from the pounding, slipping and uneven ground you encounter outdoors this time of year.

I have done all of the above when I used to run Marathons and they generally served my training really well. I realize also that many of you already do some of the above or more to reach your goals. Keep up the good work.

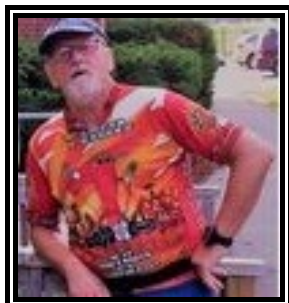
Walkers too will benefit from a lot of the above even if it only keeps you active. Indoor walking is helping Carol and I a lot on days that we just do not want to face all the Elements that nature can throw at us. Besides, it is a refreshing break at the Grant/Harvey, the Willy or the Currie center.

Just remember, "there is no finish line" ~ *Fossil*





## *From the Back of the Pack*



Hi everyone,

Just noticing that I am from the back of the seat and NOT from the back of the pack! So far this year Henny and I went spinning about 3 times a week and a couple of walks and maybe 1 run of 5 kilometers.

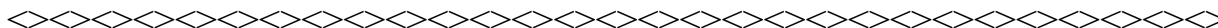


January has not been good for running and at my age you don't want to fall. I just joined pickle ball and that is played inside and warm. Am I in a pickle now?

Any way when I am running I am still happy and satisfied with the speed of it!

Have a great February  
From The Back Of The Pack

*~Harry*



### **Answers to Rob's Runbers**

- b) 1897
- c) Jacqueline Gareau
- a) 1980
- c) 5,373 kilometers
- b) Ben Johnson
- b) 2011
- b) Jerome Drayton
- a) Toronto

