

C A P I T A L C I T Y R O A D R U N N E R S
 F R E D E R I C T O N , N . B .
 N E W S L E T T E R

Welcome to issue number two.

Here is the list of our executive. Contact any of us to learn about club activities or to offer your help.

CO-CHAIRMEN:	Tim Maillet	472-0191
	Dick Mawhinney	454-1721
REGISTRAR:	Wendy Beggs	454-6875
SECRETARY:	Ed Takacs	454-8567
TREASURER:	Dave Prebble	455-1450
PUN RJN COMMITTEE:	John Mercer	455-1880
	Steve Scott	454-1714
NEWSLETTER COMMITTEE:	June Parmigiani	455-5737
	Dave Prebble	455-1450
	Fred Turnbull	454-2612

RANDOM THOUGHTS FOR CAPITAL CITY ROAD RUNNERS AND OTHERS:

Help us with your artwork and designs for a CLUB LOGO. Contact Dick Mawhinney . Does anyone have an idea for a name for the newsletter?

BLACK HUMOUR: Overheard at the start of a marathon: "Daddy, how come that runner has little holes cut in the bottom of his running shoes?" "That's so the blood can run out, son".

RUNNING MAGAZINES: This may sound like a free plug, but RUNNERS WORLD is one of the most complete. The information in Dr. Sheehan's medical columns is frequently the very answer you need for your current injury or sore spot. The CANADIAN RUNNER is also full of news and information about the Canadian running scene.

METRIC RUNNING: For some of us old timers it will never be right. When I plan to race 20km I sit up half the night before calculating and trying to memorize my 5 km splits. Then in the race, if I am down a minute I struggle for the next few 1.6 kms to try to decide what level of effort I need to correct the pace. If runners and race organizers really believe in this metric stuff, will someone tell me why even in a metric distance race they give us a split time at the end of the first MILE?

Minutes per mile

Approximate minutes per km

5:00	3:08
6:00	3:45
7:00	4:22
8:00	5:00
9:00	5:37
10:00	6:15

ACCURATE DISTANCES: Who knows where we can get a revolution counter that mounts on a bicycle wheel so we can measure courses precisely?

TERRY GOODLAD gave an excellent presentation at our general meeting on Mar. 8. He covered preparations for winter training, his own experience in marathon training and racing and gave well expressed answers to several training and injury related questions. Best of luck to Terry and others going "to Boston in the springtime"

CCRR: When you enter a race be sure to list your club affiliation as CAPITAL CITY ROAD RUNNERS. Our club is now a member of the NBTPA.

Brenda Tree hopes to bring us a list of road races from a BANGOR running club. This will include races in Maine, New Hampshire and other states. Anybody interested in a race with only one hill? Up Mount Washington?

Here is a table borrowed from the newsletter of the new "800 plus" running club in Saint John. It indicates the approximate time that each pound of excess body weight will add to your racing time over a given distance.

Race Distance in miles	Excess Weight in Pounds-			
	1 lb.	5 lb.	10 lb.	20 lb.
5	10sec.	50sec.	1:40	3:20
10	20sec.	1:40	3:20	6:40
20	40sec.	3:20	6:40	13:20
26.2	52sec.	4:20	8:40	17:20
50	1:40	8:20	16:40	33:20

THANKS again from the newsletter committee to all of you for your help, praise and ideas. Thanks especially for the interesting articles and helpful ideas that come up every time we get together. There is so much enthusiasm that it adds a whole new group spirit to the running scene. For those of you who train mostly alone, try to get out to some of our fun runs. You will definitely meet someone who is at your own level of running and you'll pick up on this wonderful extra dimension of enthusiasm.

A tired and dejected EDNA HARRIS was heard muttering to a friend last week before a run "those cars with their engines idling will be going faster than me today."

REMEMBER to check the Daily Gleaner "Local Sports Happenings" section for time and location of the weekend Fun Run.

REPORT FROM THE FUN RUN COMMITTEE:

This is the second in a series of reports about our fun runs. First I must congratulate all the runners who have braved snow and cold winds to participate in our weekly runs. All of us are looking forward to wearing our shorts and sweatshirts again. We all have to agree, bulky clothing is one of the nuisances of winter running.

Most of the runs have been centered around the Capital Court Club and Sports Club so we could provide shelter and routes with half decent footing. One of the problems with city running is that you have to run on the sidewalk or road. A common result is that runners could develop shin splints or runner's knee. As temperatures get warmer and things dry up, our goal is to provide routes which have softer surfaces and quieter surroundings.

A popular route is the "green" which runs up Waterloo Row, behind the museum and then up the path on Riverfront Drive. Also we will be experimenting with several routes in the woodlot. I especially like the woodlot as it has dirt roads, nice scenery and is extremely quiet. Another possible route could be the winding road through the Experimental Farm.

These are some of the routes we hope to introduce you to. We feel you will enjoy them as much as we do. Have faith, soon we will be blessed with warm temperatures and blue skies.

"One quick note"; for those of you thinking about new shoes, stores are currently receiving new stock and are trying to clear out old stock. Perhaps a possible bargain may be picked up now. "Food for thought".

J.M.

RUNNING/JOGGING FOR THE BEGINNER:

This article is intended to be no more than a random collection of thoughts with respect to running or jogging for a beginner.

These thoughts have been accumulating in the old noggin for a number of years now and this may be the only opportunity I'll ever have to purge my poor LSD (long slow distance) numbed brain.

First of all, check your pulse. Can you feel it? Good, you're alive. Seriously though you should be in reasonably good physical shape. Check with your Doctor. You probably need the check up anyway.

After your Doctor has given you some sort of O.K. to begin a program of running/jogging, get yourself properly outfitted. This means acquiring a pair of running shoes. Not sneakers with high tops or tennis shoes, or volleyball shoes etc, but honest to goodness running shoes. You'll find good selections in the local sporting good stores.

One very good thing to remember, is that you invite injury by buying a cheap imitation of a good running shoe. You should be prepared to pay from \$30.00 to \$60.00 for your foot wear (unless you get something on sale). Some of the good names for running shoes available in the Fredericton area are: NIKE, BROOKS, ADDIDAS, PONY, NEW BALANCE, TIGER & AUTREY. Please note, each of these companies have many models to choose from as well.

To sum up, I cannot stress enough the importance of good running wear, to get you off on the right foot so to speak. As for other equipment; a pair of sweats, a windbreaker, a hat, mittens & socks is good enough for cold weather running. In the warm weather, a pair of shorts (any kind), a T- Shirt, sweatshirt or singlet, a hat with a peak (to shield you from the sun) and socks (if you like) are basically what you need.

Now, after all this you're ready to run, right? Wrong. I strongly recommend that before (and after) you run/jog, get your body ready for the pounding it's going to take by incorporating a series of gentle stretching exercises into your routine.

These stretching exercises will help prepare your ill prepared muscles for what lies ahead. Generally you want to loosen up your ankles, calves, hamstrings, groin, back, neck and arms for starters. Any such exercises should be held for 20 to 30 seconds ideally (no bouncing up and down please, just gentle stretching). If it begins to feel tight, back off. It's a good idea to remember, to balance your stretching. That is, do the same amount on left and right, front and back. If you raise your arms in front ten times, raise them behind yourself ten times, and so on.

Now you're ready to hit the pavement, grass, mud, whatever, Right? Wrong. First, pick out a quiet easy route that will keep you near home or near people who can help if you get into difficulty. Can you run, jog without being bothered by dogs, mashers, rapists, heavy traffic, near-sighted bicyclists etc. Great, now you've got a good route picked out.

Lets go, heading out the door, onto the sidewalk, down the street, clipping right along. Geez, this is great, I'll be done this mile nothing flat. PUFF, PUFF, WHEEZ, HMM, better slow down some, PUFF, WHEEZ, guess I'll walk.

Starting out this way, will surely help you lose your resolve quite quickly. Lets try again. Find a partner of your ability if possible. START OUT SLOW. If you can talk (carry on a conversation that is) you're doing great. Don't go too far. For some, even a mile seems like a great distance. Be prepared to do some walking to get that first mile in.

Give yourself lots of time for this activity, even at first. Thirty minutes of exercise is a good bench mark (that includes warming up, running, jogging, walking cooling down).

O.K. so you've made it through your first "training run", what now? Depending on the kind of shape you are in, your age, etc, you're going to be a bit sore (muscles) for the first two weeks or so (maybe more, maybe less) It is always nice to treat yourself to a hot bath or shower after a run.

For the beginner, four days a week (30 minutes each workout) is enough to get you generally in better shape within a month or so. You might try running on alternate days. This will help your body recover from each workout, and be eager for the next one.

As far as injuries are concerned, unless you turn your ankle, get bitten by a dog, or get run over by a car, you will probably encounter things like sore muscles, a pulled muscle or two, maybe ankles that hurt when you begin to run or possibly shin splints.

Treatment for sore muscles consists of stretching properly, hot baths and A535 (maybe even a massage). For a pulled muscle, ice (10 min two or three times a day) is quite helpful, especially during the first 24 hours. After that heat can be applied.

For shinsplints (sore muscles on the front part of the lower leg) certain exercises are helpful as well as ice. For severe cases, maybe even different shoes. A good prevention exercise for this seems to be the following; Stand about six inches away from a wall or curb, facing it. Raise one foot and push with your toe against the wall for a few seconds and then lower your foot. Repeat with the other foot. Do 10 or so times. Then turn and do a similar motion only pushing with the heel as you face away from the wall.

Now you've been running, jogging for a month. It doesn't hurt when you start anymore. You find that you can run that mile without stopping and once you even snuck in another half mile. You're only mildly out of breath when you've finished. When you sit down in your favourite chair to reflect on your workout, you discover a sort of feeling of accomplishment, a sense of well being, an "hey that was fun" attitude; now you're ready for bigger and better things.

Before you know it, you've doubled your mileage and sometimes have the urge to put in another workout to make five for the week. You'd better watch out now, you'll soon be contemplating the rewards of a three mile run. Boy, when I hit that two mile mark it felt great, super. A feeling like that can only get better if I go further. Can't it?

Baby, you're hooked. So long beginner. Hello Veteran. You'll soon be competing in real races.

S.S.

RUNNERS ANONYMOUS:

Tim Maillet is collecting a list of runners' names, the approximate distance of their training runs, and the usual time of day at which they run. We'll publish this in the next issue. Please check with Tim at the next event or call him at 472-0191 if your name is not on the list. This will help you arrange a run with someone else when you don't want to go it alone.

In Saint John, contact George Stears of the "800 +" club to arrange for a running partner. Phone 672-6541 (home), 657-7310 (work).

HYPOTHERMIA:

This article was summarized from "Exposed to Danger" in the spring 1983 issue of "Living Safety", published by the Canada Safety Council. The article describes a near-miss experience of Dennis Muldrew, an experienced canoeist and outdoorsman, while on an early June canoe trip in Manitoba. Despite his knowledge of the outdoors, Muldrew would have perished had not his companions found him in time. The gradual onslaught of hypothermia over four days of travelling and camping in a steady drizzle went undetected until he was unable to force himself to move any further.

Hypothermia, which simply means sub-normal body temperature, is the number one killer of outdoors people. Studies of 35 fatal cases in New Zealand and 25 fatal cases in England show that death by hypothermia often results from wet clothing and working to exhaustion. Moderate temperatures are no guarantee of safety; this condition occurs most often between temperatures of -1C and 10C. Hypothermia occurs when the body loses more heat than it produces.

The big risk is that your thinking and judgement are impaired as the condition sets in. You can not recognize your problem so you do not help yourself. One fisherman, for example, was found dead with a thermos of hot tea still in his pack, his matches dry, wood all short and only a few miles from his car.

Here is a checklist for those venturing into the bush:

- 1.) Tell someone about your trip, route, schedule.
- 2.) Do not travel alone. Keep within calling distance of your companions.
- 3.) Choose suitable clothing. A rain suit is better than a poncho for travelling in the wet.
- 4.) Know how to use your map and compass, and keep these safe at all times.
- 5.) Carry a small survival (and first aid) kit.
- 6.) Know basic survival procedures.

For the road runner, the lesson centres on avoiding getting too far from shelter and other people under adverse conditions. One of the rules in winter training is to start out with the wind in your face so you can finish with the wind at your back (when running out and back or in a loop). It is good to have a course that is a loop with your home in the approximate centre so you can cut short your run easily and safely.

Watch for information on HYPERTHERMIA in a future issue.

HEART MARATHON SUNDAY APRIL 10.

The time for the N. B. Heart Marathon rolls near again. Last year it was sunny but cool. Some wore sweat pants and some shorts. Gloves seemed to be in order. The route, though, cannot be compared because it is different this time around. The new route follows the Lincoln road to Oromocto and return. All three races are "out and back" so the 1/4 and the 1/2 turn sooner. Here are some statistics on last year's event:

- 1/4 marathon (6.5 mi.)
under 21 men: 27 entries. 1. Chris Pinsent of Oromocto in 39:25.
under 21 women: 15 entries. 1. Jacqueline Maillet of Kent County in 46:37.
21 - 39 men: 58 entries. 1. Tim Boyle of Fredericton in 35:12. CCRR members: 5. David Tree, 50. Pat Beggs.
21 - 39 women: 24 entries. 1. Lynn Poole, Oromocto CCRR: 10. Wendy Beggs, 21. Brenda Tree.
40 + men: 3 entries. 1. Jerry Murphy, Oromocto
- 1/2 marathon:
under 21 men: 9 entries. 1. Greg Grondin, Fredericton in 1:12:07
under 21 women: 5 entries. 1. Heather Brien, F'ton in 1:28:29.
21 - 39 men: 41 entries. 1. Paul Leroux, Oromocto in 1:15:01.
21 - 39 women: 10 entries. 1. Beverly Burchell, Halifax in 1:31:01.
40 + men: 6 entries. 1. John Taylor, Oromocto in 1:12:51. CCRR 4. Tim Andrew.
40 + women: 2 entries. 1. Sheila Andrew 1:49:29
- Marathon:
13 entries, including 2 women.
1. Joe McGuire 2:41:06
1. Edna Johnston 4:05:12

This year's race has some interesting possibilities. Last year there were 213 finishers; prediction for this year is close to 500.

A challenge has risen over the full marathon distance with a guess of 2:30 for time but rumour has it that an entry from Quebec is coming with a PR of 2:22. Could be interesting, eh? Names to watch here are Joe McGuire, P.J. Meagher, Leo Sheehy and the unknown.

In the 1/2 marathon there will probably be some fast times. This seems to be a popular distance.

In the 6.5 mile race it will be fast and furious. A woman to watch is in the under 21 group. She is Margaret MacDonald from Fredericton. She is very fast and probably fastest in NB. You should also look for Terri Lee Damon and Julie Todd, both of Saint John. I'm not sure if they are coming or what distance they will run.

If you decide to run GOOD LUCK. If you are planning to watch, it should prove exciting indeed.

Brenda Tree.

SCHEDULE UPDATE:

DATE	EVENT	DISTANCE
Apr 10	Fredericton Heart Marathon	26.2, 13.1, 6.5 miles
May 21 *	Saint John Parks Dept	11, 8, 5 miles
May 21	Oromocto 10 km	10 km
May ?	Memramcook	18 km

* changed by Saint John organizers from May 14.

REPORT ON THE ST. PADDY'S DAY RUN IN SAINT JOHN, MARCH 19.
Distance 8 miles.

Nine people from the CAPITAL CITY ROAD RUNNERS entered. I was impressed by the number of runners... 240. This included 80 women and 30 masters. The day was cloudy and breezy. Saint John races are noted for having hills, so be prepared.

The first part of the race was hilly but I found the last 3 or 4 miles reasonable. Most races have festivities afterwards; this is another enjoyable part of racing.

If you wish to go to races, you don't have to travel alone. There are usually people from the club going, so just hitch a ride and pay partly for the gas.

RESULTS: 6. David Tree (46:34), 10. George Hubbard (?),
18. John Mercer (49:41), 30. Paul Lavoie (51:49), 44. Steve Scott
(54:34), 47. Tim Maillet (54:42), 76. Dick Mawhinney (58:32),
78. Chris Barr (58:56), 129. Brenda Tree (65:26).

-- Tim Maillet

TREASURER'S REPORT:

Mar.29, 1983 bank balance \$223.60 (membership fees collected)

FROM THE REGISTRAR:

Here is a list of our new members as of Mar 29/83.
Apologies to Tim and Sheila Andrew who were inadvertently omitted from the list in the last issue.

Lorna Moores, Chris Wilby, Paul Theriault, David Tree.

NOTE: The club executive has decided that we will distribute the newsletter only to paid-up members. In order to receive the next issue, please pay as soon as possible.

If you are interested in joining please use the registration form at the end of this newsletter and deliver or send it with your cheque to: Wendy Beggs
266 Northumberland St.
Fredericton E3B 3J6

NEXT GENERAL MEETING:

Apr 12, 1983

7:00 pm

Fredericton Sports Club

Exhibition Grounds

Come and bring a new runner.

(tear off here)

C A P I T A L C I T Y R O A D R U N N E R S

F R E D E R I C T O N , N. B.

Mailing Address:

Wendy Beggs
266 Northumberland St.
Fredericton E3B 3J6

REGISTRATION FORM

NAME: _____

ADDRESS: _____

_____ POSTAL CODE: _____

TELEPHONE - HOME: _____ WORK: _____

AGE: _____ RUNNING YEARS: _____

REGISTRATION FEE:	ADULT:	\$10.
	FAMILY:	15.
	CHILDREN UNDER 15 YEARS:	5.

Roanne Le Blanc
115 E Fourth Circle
Fredericton NB
E3A 2M7

