

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

This is the first issue of our newsletter. Welcome to all members, runners and interested readers. Our club is just beginning and we want to encourage you to participate in our fun runs and other activities and to bring your ideas and enthusiasm with you.

The initial organization was done by Dick Mawhinney and Tim Maillet. On Feb. 1, 1983 at a meeting at the Capital Court Club, we selected an executive and chose our name. Here are the club officers:

CO_CHAIRMEN:	Tim Maillet	472-0191
	Dick Mawhinney	454-1721
REGISTRAR:	Wendy Peggs	454-6875
SECRETARY:	Ed Takacs	454-8567
TREASURER:	Dave Prebble	455-1450
FUN RUN COMMITTEE:	John Mercer	454-5378
	Steve Scott	454-1714
NEWSLETTER COMMITTEE:	June Parmigiani	455-5737
	Dave Prebble	455-1450
	Fred Turnbull	454-2612

Our basic goal is to provide a focal point for road runners of all levels of experience. We believe that the tremendous growth in the popularity of road running and jogging in the past few years has created a situation locally whereby there is a real need for our organization. Communication about running events and training problems, sharing experiences and socializing with other runners are some of our objectives. With these in mind, the club plans to hold one fun run each weekend and one general meeting each month. The fun runs are really just low key group training runs. We have been splitting into two groups; one covers a course of approximately 2 km, the other approximately 8 km. As evenings get longer we may begin mid-week runs or more serious group training runs. Group travel to road races is also a possibility as the road racing season heats up. Each newsletter will carry race results, schedule updates and news about other club plans. We invite all members and interested parties to contribute your ideas for the newsletter so they can be shared with the rest of us.

UN NOUVEAU CLUB DE COURSE SUR ROUTE À FRÉDÉRICTON

Frédéricton a maintenant son club de course sur route. Cela répond vraiment à un besoin car, comme tous ont dû le remarquer, les rues de la ville pullulent de coureurs et de coureuses, et ce, à toute heure du jour ou de la nuit. L'idée d'un club de course sur route à Frédériciton a été lancée par Tim Maillet et Dick Mawhinney, et il semble qu'elle ait fait boule de neige.

Le principal objectif du club est de fournir aux adeptes de la course sur route de Frédériciton, du débutant au marathonien averti, un lieu commun où ils pourront se rencontrer et échanger sur une foule de sujets: méthodes d'entraînement, blessures, alimentation, courses, etc. Une réunion générale a lieu tous les mois et des courses de groupe sont organisées tous les dimanches après-midi. Les courses de groupe sont plus amicales que compétitives, et il y a habituellement différentes distances de prévues, de sorte que chacun peut courir la distance qui lui convient au rythme qui est le sien. Et dès que le soleil voudra bien allonger un peu plus nos journées, c'est-à-dire d'ici quelques semaines, il sera possible de se rencontrer pour courir pendant la semaine. De plus, lorsque la saison de course sur route se mettra vraiment en branle, des groupes pourront être organisés pour ceux et celles qui désireraient participer aux courses qui ont lieu un peu partout dans la province.

Chaque bulletin contiendra une foule de renseignements intéressants: résultats des dernières courses, calendrier des courses à venir, activités des autres club de course sur route, etc. Ainsi, les coureurs et coureuses de Frédériciton seront bien informés sur leur sport. Et pour que le bulletin soit aussi complet et aussi intéressant que possible, il est important que ceux et celles qui ont des choses à dire ou des renseignements à communiquer, ne se gênent pas pour utiliser leur plume et nous faire parvenir leurs articles. Pour ceux et celles qui désireraient faire partie du club, n'hésitez pas à vous joindre à nous; plus on sera de fous, plus on s'amusera.

Gilles Roussel

REPORT FROM THE FUN RUN COMMITTEE:

The Fun Run Committee would like to report that the weekly fun runs have been generally well attended since they began in early January of this year.

Despite some fairly desperate weather conditions, both footing wise and cold and wind, a hard core group has emerged as virtually indestructible in both the shorter course and the longer one. They've even managed to drag a few new hardy individuals with them every week.

We initially began our weekly "Fun Runs" at the "Y"; however, due to some uncomfortableness on the part of "Y" officials, we've moved our start and finish to the Fredericton Sports Club premises. It appears to be a somewhat more suitable location to unwind after a "HARI" winter run.

In the future, the Fun Run Committee will attempt to vary the courses for the runs in order not to bore everyone to death. Sometimes

this will mean different starting and finishing locations, which may be less than convenient to some people. Also, as a part of our mandate, the Fun Run Committee feels it necessary to indicate to members and potential members that there are definitely a number of DO'S and DON'TS that are worth repeating with regard to road running and jogging.

1. Warming up and cooling down properly is very important in this sport. This can be accomplished with a series of gentle, slow stretching exercises. The main idea is to loosen up those muscles used in running so that there is less likelihood of muscle pulls and strains.

DO'S AND DON'TS:

2. Run on sidewalks where possible (in this weather it's not possible).
3. Give way to pedestrians (be courteous, don't sneak up on them and scare the poor souls to death).
4. Always face oncoming traffic (run on left hand side of road).
5. Run in single file when traffic is present (especially when it is slippery).
6. Move over if a vehicle appears to be taking aim at you (if he hits you, it will hurt you more than it will hurt the vehicle).
7. Resist the urge to shake your fist or curse at inconsiderate drivers (run away from trouble, don't invite it).
8. Dress appropriately (wear a hat in winter; you lose up to 70% of body heat through the top of your head).
9. Wear bright clothing (something fluorescent at night).
10. Listen to your body (don't overdo it).
11. If you can't carry on a conversation with a friend while running, you're going too fast -- slow down.

The above are just a few of the do's and don'ts of running and may be old hat to some of us but they are essential if you are to enjoy this truly wonderful sport at what ever level you want to.

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

The NEW BRUNSWICK TRACK AND FIELD ASSOCIATION is the provincial governing body for our sport. Our club is planning to affiliate with the NBTFA, which will cost \$35. Individual membership in NBTFA for a road runner costs \$2. according to the January/February newsletter from that organization. We hope to arrange for a spokesman from NBTFA to attend one of our general meetings in the future. There is to be a general meeting of NBTFA in Cromocto on March 27.

Also from the NBTFA newsletter: National Running Week is scheduled for May 16 to 23, 1983. There will be various running events, clinics and seminars organized. Watch for details.

NEW BRUNSWICK ROAD RUNNING SERIES (FORMERLY SUN LIFE SERIES)

The New Brunswick Road Running series for 1983 has 31 events. George Hubbard is the statistician for the series and we want to thank him for providing the full schedule which is reproduced here. Changes will be noted in future newsletters. Be sure to save this schedule to plan your 1983 career.

DATE	EVENT	DISTANCE
Jan 29	New Maryland Fun Run	4 miles
Jan 30	Frigid Fun Run (Moncton)	10 km
Feb 13	Dieppe Winter Festival	5 miles
Mar 19	Saint John St. Paddy's Day	8 miles
Apr 10	Fredericton Heart Marathon	26.2, 13.1, 6.5 miles
May 14	Saint John Parks Dept	11, 8, 5 miles
May 21	Oromocto 10 km	10 km
May ?	Memramcook	18 km
Jun 5	King Sports (Moncton)	10 km
Jun 12	Balmoral	10 km
Jun 18	Quispamsis	8 miles
Jun 19	Burt's Corner (Greg Foster)	7.5 miles
Jun 25	Moncton Y's Men	10 km
Jun 26	Provincial 10 km (Newcastle)	10 km
Jul 3	Campbellton Salmon Festival	5.7 miles
Jul 3	Port Elgin	20 km
Jul 4	Grand Falls	20 & 10 km
Jul 9	Shediac Lobster Festival	12.8 km
Jul 16	Woodstock	6.5 miles
Jul 23	Shippegan	10 km
Jul 24	Saint John Loyalist Days	13.1 miles
Jul 30	Dalhousie Bon Ami	11 & 5 miles
Aug 13	Jackrabbit Run (Chatham)	14.5 miles
Aug 14	Perfection 20 km (Riverview)	20 km
Aug 28	Fredericton 5 mi.	5 miles
Sep 3	Nackawic Community Days	9 km
Sep 10	St. Martins	10 & 5 miles
Sep 23	Albert Co. half marathon	13.1 miles
Oct 10	Atlantic Autumn marathon (Oromocto)	26.2, 13.1, 6.5 miles
Oct ?	Memramcook	10 km
Nov 12	Saint John (Runner's World)	8 miles

There will be other events not part of the NBR series. These are often held as part of community festivals and the like. We'll announce them as we learn about them. Please pass on any information you have to the newsletter committee.

May 8, 1983 New Glasgow, N.S. Johnny Miles Marathon
start 12:30 pm and Half Marathon
and "mini marathon"

Registration and information:

George Manos
P. O. Box 7
New Glasgow N.S.
B2H 5E1

Special events on May 6 and 7 also.

FROM THE CO-CHAIRMEN:

Tim and I would like to thank the members of the CAPITAL CITY ROAD RUNNERS for their support and confidence in our newly elected executive. We will do our best to act in the interest and future development of this running club.

I feel we must remember that we, as members of a recreational running club, are promoting running, to the public, as a fun way to exercise. We also must have fun as individuals and as a club to be successful.

Finally, a note to all club members reminding you that we need your participation in fun runs as well as any ideas that you may have to better the club. We are open to suggestions.

Dick Mawhinney.

TREASURER'S REPORT:

Feb 23, 1983 bank balance \$135. (membership fees collected)

FROM THE REGISTRAR:

Here is a list of our members as of Feb 23, 1983:

Gilbert Allardyce	Tim Maillet
Joe-Anne Andrews	Mary Maillet
Christopher Barr	Edna Harris
Bonny Barr	Crystal Nash
Patrick Beggs	June Parmigiani
Wendy Beggs	Garth Paton
Michael Christy	Dianne Potvin
Shirley Cleave	David Prebble
Michel Desormeaux	Gilles Roussel
Joy Elliot	Brigitte Raby
Margaret Francis	Stephen Scott
Rosaire LeBlanc	Brenda Tree
Paul Lavoie	Ed Takacs
Edith LaBillois	Fred Turnbull
John Mercer	Carla Watt
Richard Mawhinney	

Membership fees are:	Adult	\$10.
	Family	15.
	Children under 15 years	5.

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

NEW MARYLAND WINTER CARNIVAL RACE RESULTS: (4 miles)

Winner: P. J. Meagher time: 20:20

Positions of members of CCRR courtesy of the race committee
* INCORRECT TIME

14	Paul Lavoie	24:03
15	Ed Takacs	24:20
18	John Mercer	24:47
23	Steve Scott	25:40
28	Rosaire LeBlanc	26:20
35	Richard Mawhinney	29:00 *
39	Chris Barr	29:41
46	Gilbert Allardyce	31:08
47	Brenda Tree	31:26
48	Dianne Potvin	31:46

NEXT GENERAL MEETING:

Mar 8, 1983

7:30 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: 41 Ferris St., Apt. 22 or
206 Argyle St.

REGISTRATION FORM

NAME: _____

ADDRESS: _____

POSTAL CODE: _____

TELEPHONE - HOME: _____ WORK: _____

AGE: _____ RUNNING YEARS: _____

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