

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.

" F O O T N O T E S "

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

Tim and Sheila Andrew travel to a lot of races with two empty seats; if you want a ride call 454-1027 and check.

Turn out at our fun runs continues to grow. We have some new faces but are missing a few of the originals. If you are not sure of the location, remember to call your contact or a member of the fun run committee. Recent courses have included the UNB Woodlot and the Experimental farm.

By the time you receive this issue you may already know that we have chosen a club logo and ordered T-shirts which will be available at a cost of \$6. Contact Richard Mawhinney.

Thanks to Nick Guitard for the suggestion of "FOOTNOTES" as a title for our newsletter.

May 21

Sat. evening/around 7 pm or so we will be having a fluid and carbohydrate replacement meeting at Dave Prebble's house. Come to 710 Palmer Street (uphill from the Albert Street School) and BYOB plus an estimated \$2. per head to cover the cost of the food. Any excess funds will be deposited in the treasury. Plans now are to have a pasta meal, with actual homemade pasta courtesy of the culinary skills of June Parmigiani, assisted by Pat and Wendy Beggs and the host.

The club will be involved in several activities during Run Canada week. These include May 15, Run For Light; May 18, answering phones for the participation challenge; May 21 races in Saint John and Oromocto; May 22, our own family run at 2pm in Odell Park.

HEART MARATHON RESULTS:

April 10, Fredericton . The quarter, half and full marathon distances were all run from the green on Waterloo Row and along the Lincoln Road towards Oromocto. Each was an out and back course. For safety considerations, the turn of the quarter marathon was a little short, giving an official 6.1 mile distance. (sorry about all those PR's that were too good to be true). Weather conditions were pretty good. Although it was sunny, the temperature was not too high. Race organization was good --- congratulations to George Hubbard and his crew.

NAME	AGE CATEGORY	PLACE IN CAT.	TIME
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QUARTER MARATHON

MEN

Fred Turnbull	50 +	2	53:05
Nick Guitard	21 - 39	24	44:07
Chris Barr	21 - 39	19	42:15
Rosaire LeBlanc	40 - 49	3	42:18
Steve Scott	21 - 39	12	39:11
Ed Takacs	21 - 39	4	35:02
Dick Mawhinney	21 - 39	32	?
George Hubbard	21 - 39	5	36:54

WOMEN

Edith Labillois	21 - 39	1	47:35
Bonnie Barr	21 - 39	13	53:25
Brenda Tree	21 - 39	4	48:08
Crystal Nash	< 21	6	45:55

HALF MARATHON

MEN

Gilbert Allardycé	50 +	4	1:47:38
Paul Lavoie	21 - 39	12	1:26:01
Tim Maillet	21 - 39	24	1:36

WOMEN

Sheila Andrew	40 +	2	1:50:26
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FULL MARATHON

MEN

David Tree	21 - 39	9	2:58:10
Tim Andrew	40 +	5	3:53:26

WOMEN

Leslie Jones	21 - 39	3	4:21:57
Carla Watt	21 - 39	4	4:33:17

Brenda Tree has accepted the position of CLUB STATISTICIAN. Please be sure to get results of all events to her for our official club records. If you are planning to attend an out of town event, check with Brenda. We will provide a stamped self addressed envelope to the race director so we can get a copy of the results.

Just a reminder to return sponsor money to George Hubbard, 858 Brunswick Street.

SCHEDULE UPDATE:

The Official "Labatt's Lite Series" N.B Road Racing schedule is now available. Look for your copy at races.

June 5	King Sports, 10 km	Moncton	start 10:15 am	CEPS	UdeM
June 12	Labatt 10 km,	Balmoral	start 1: pm	Blue Hall,	
June 18	Quispamsis 8mi		Be1 River , N.B.		
June 19	Burtts Corner 7.5 mi		start 10; am	new arena,	
June 25	(tentative) 10 km	Moncton	Quispamsis, N.B.		
June 26	Chatham 10 km	(Provincial Championship)	start 10:30 am	Keswick	
			register Keswick Valley		
			Rec Centre		
			Centennial Park, start 10 am		
			Chatham Fire Dept, Start 11 a		

Some New England road races coming up:

May 29	Marathon	Kennebunk	7 am	Contact: Marathon Sports Club	
				Box 726, Saco, ME 04072	207-284-8401
June 11	4 mi	Ellsworth ME	Contact: Peter Reilly, Union Trust,		
		Ellsworth ME, 04605			
June 26	13.1 mi	Great Kennebec River Run	Contact: Maine Road		
		Ramblers, Box 264, Augusta, ME	04330		
June 19	8mi	Mount Washington Road Race	Contact: Hope Saltmarsh,		
		Fitness Resources, Rte 3, Box 198, Concord NH	03301		
		603-225-6760			
June 25	10 mi.	Montpelier VT	Contact: Roger Whitcomb, 6 Tracy St.		
		Montpelier VT 05602	802-220-9095 (evenings)		

This is just a sample. More will be listed in future issues.

RUNNERS ANONYMOUS:

This is a list of club members who are interested in sharing training runs with others.

NAME	DISTANCE	TIME	PHONE
Edna Harris	3½ to 5 mi	Tue & Thu evening	454-1721
Michel Desormeaux	3 - 5	Tue & Thu 5:15 Sat. a.m.	454-0744
Brenda Tree	5 - 7	MWF 1 pm, Sun pm	454-6202
Gilbert Allardyce	9 - 10	Wed, Fri, Sat	454-9486
Steve Scott	7 - 10km	6 days a week	454-1714
Paul Lavoie	10km +	6 days a week	454-7520
Paul Theriault	5 - 10 km	5 days a week	454-9871
Dick Mawhinney	5 - 7 mi.	5 days/week	454-1721
Dave Prebble	30-40 min.	7:00 am	455-1450
Carla Watt	10 - 13 mi (2 hr)	Mondays	455-4343
Dianne Potvin	45 min.	6 days/week 1: pm	453-4575 (w) 454-1931 (h)
Shirley Cleave	45 min.	6 days/week 12: noon	453-4579 (w) 455-5025 (h)
Christopher Barr	10 km	Thur) 455-4243
Bonny Louise Barr	8 - 10 km	5 nights/week)
Rosaire LeBlanc	6.5 mi	3 times/week	472-4068
Brian Sipprell	6.5 mi	3 times/week	476-6766
Fred Turnbull	10km	2 times/week	454-2612
John Cathcart	10 mi	7 days	455-6473
Wendy Beggs	4 - 5 mi	6 days	454-6875
Pat Beggs	4 - 5 mi.	6 days	454-6875
Tim Maillet	7 - 8 mi	5 days	472-0191
Mary Maillet	2 - 3 mi	3 days	455-7291
June Parmigiani	2 mi	3 days	454-2612

Note: For corrections or additions to this list, contact any member of the newsletter committee.

HARASSMENT ON THE RUN:

This article was contributed by one of our female runners. For more background on this problem you might want to check the Feb. 1983 issue of Runners World. Clearly it is not just in the big cities where the sicko's are to be found. The article:

I'm writing mainly to warn our female runners but perhaps our men might learn some of the dangers of running too.

Late in November I was running along the T.C.H. when a car pulled up from behind me. The driver, I might add, was young, good looking and didn't look like he'd have much trouble getting female company. He rolled down a window and I went over to the car thinking he needed directions. He asked "How far have you run?" I answered "Four miles". He said, "You've run far enough so why don't you get in?" I refused and started to run. He followed closely with the car on the shoulder of the road. I began to look for a way out and spotted an off ramp to Regent St. ahead. I ran up there quickly.

I had questions that plagued me afterwards:

- 1.) What if there had been two men? Would they have pulled me into the car?
- 2.) Would any passers-bye have tried to help or call police?
- 3.) Why didn't his appearance match what I would have expected an accoster to look like?
- 4.) What if I hadn't seen the ramp?
- 5.) Where were the Highway Patrol when I needed them?

Since this episode I have written myself some rules which I would like to share :

- 1.) Refrain from running on deserted type roads like TCH, Ring Road, Vanier Hwy.
- 2.) Stick to well populated areas of the city.
- 3.) Only run in daylight (although this happened at 1 pm.).
- 4.) Do not answer any remarks made by strangers.
- 5.) Always face on-coming traffic.
- 6.) Ideally women should run in pairs if at all possible.

ALMOST A HERO?

An anonymous member of the club, whose evening run often involves a beer at a local hostelry, was running down the Woodstock Road, when he saw someone running the other way. He made way to let him pass and noticed that he was fully dressed. About fifty yards behind him was another fully dressed runner. Our club member turned in to the bar for his regular Moosehead and talked to the bar maid. While he was talking the hotel security man came in and asked if he was deaf; the runner asked why. Because I was screaming "Stop thief", he said. "The man you did not stop had just been robbing a car in the parking lot." (maybe we better get that security man to do some training with us so he'll get his man next time.)

RUNNING DIARY:

Do you know when you are about to break down from too much stress? can you predict whether your performance in that upcoming race is likely to be better than last year? Can you recall your personal record in a distance you have not raced for several years?

If you answered "no" to any of these questions, we have the ANSWER FOR YOU. Rush right out and spend \$1. on a little notebook and start your very own running log or diary. If you do not plan to race, a record of your improvements and your different experiences will still be a valuable personal document. "Know thyself"

You can buy special printed notebooks with all the right blanks to fill in date, weight, time, weather and so on. You can just as easily make your own by keeping in mind what you may want to know when you review your diary months or years later. Here are some items to consider. Most people will not want to include all of these details, so take your pick.

Date of run. Day of week. Time of day. Weather conditions.

Distance covered, route or course.

Time taken (or times for intervals or repetitions).

Type of run (slow and steady, fast and slow, interval training, race pace practice, tactics practice, or an actual race).

Pulse -- possibly in morning, during run, after run.

Body weight.

Notes on other exercise or stretching you did.

How you felt. Was it easy or a drag?

Did you have any pains or warning signs?

You will also want to plan a summary such as miles per week or total minutes per week.

No matter how you start your diary you can easily vary your plan as you learn your own needs. You will soon develop your own codes and abbreviations so it will be easy to write your daily entry. If you race you'll probably want to make extra entries about these experiences. For example: the overall winning time, your own splits (part way time checks) if known, an assessment of the success of your tactics ("I should have stayed with X when he passed on the hill"), your finishing position and those of any particular rivals. In this way you can chart your progress and keep up your own interest through the years.

Dave Prebble

NEXT GENERAL MEETING:

MAY 17, 1983

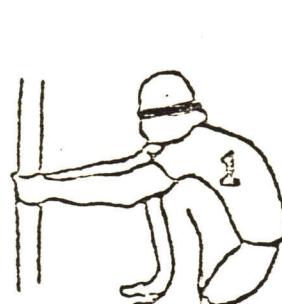
7:00 pm

Fredericton Sports Club
Exhibition Grounds

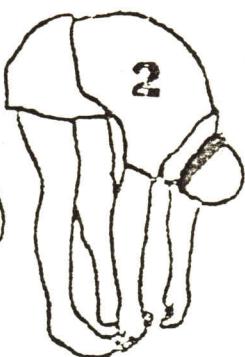
Come and bring a new runner.

A STRETCH ROUTINE TO DO BEFORE AND AFTER RUNNING:
(Total time = approximately 10 minutes)

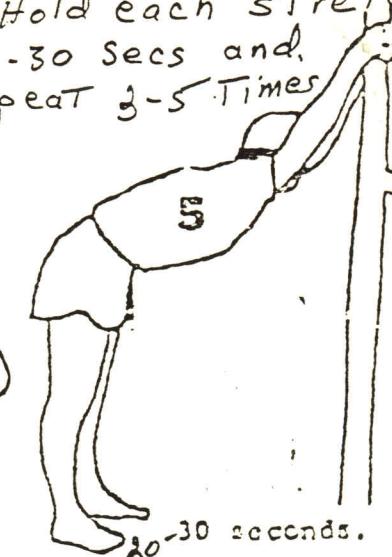
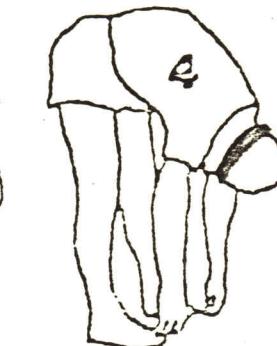
① Run/Jog 4-5 mins
before stretching
② Hold each stretch
20-30 Secs and
repeat 3-5 Times



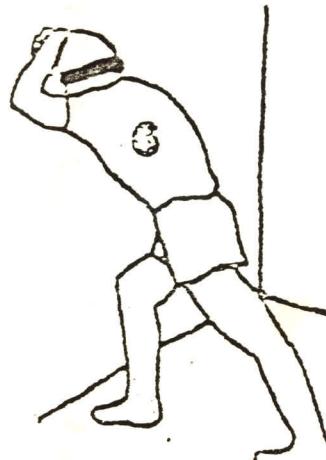
20-30 seconds.



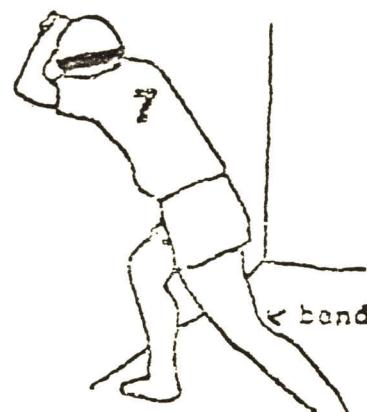
20-30 seconds. 20-30 seconds. 20-30 seconds.



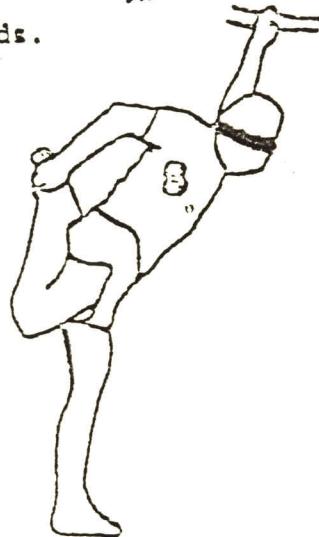
20-30 seconds.



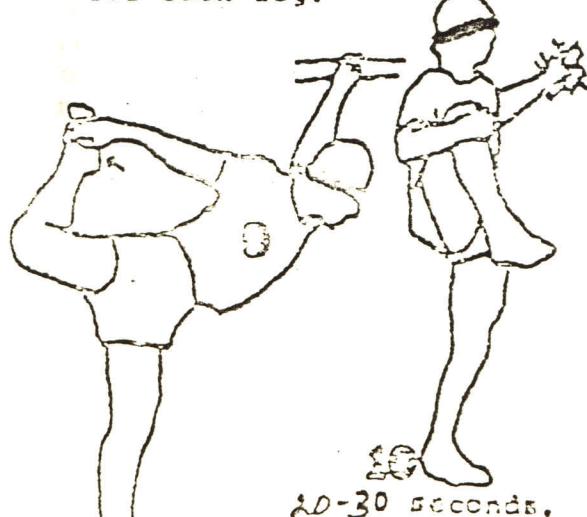
20-30 seconds
for each leg.



20-30 seconds
for each leg.



20-30 seconds.

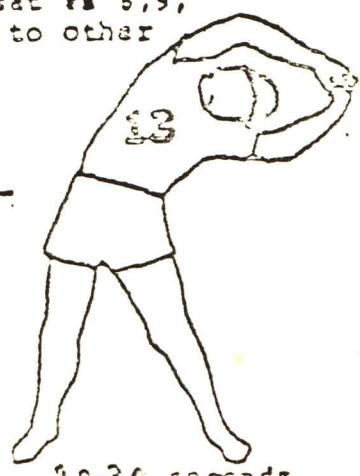


20-30 seconds.

20-30 seconds.



20-30 seconds.



20-30 seconds
to each side.

12 Repeat #s 8,9,
10,11 to other
leg.

115 E parallel Circle
Fond du Lac, WI
E3A 2M7

