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CAPITAL CITY ROAD RUNNERS

September
October 1983
November
NEWSLETTER

Volume Issue 5

Welcome to the fall issue of the CCRR's club newsletter.

5 and 10 mile road race St. Martin's Sept 10th 1983

On Sat Sept 10th CCRR's met on a fine morning in St. Martin's to run either 5 or 10 miles. St. Martin's also had an interesting diversion in offering people to walk the 5 mile route and predict their times. It was a huge success with about 18 walkers.

The route was extremely hilly but was marked very well with numerous volunteers along the way. There were sandwiches after and an all around friendly atmosphere.

Now here is how our members did.

5 Mile Race

George Hubbard	1st (men's open)	33:45
Tony Little	2nd (masters)	36:??

10 Mile Race

David Tree	1st	64:44
Dave Wallace	3rd	65:54
John Mercer	7th	70:12
Steve Scott	10th	73:34
James Tucker	11th	75:04
Dick Mawhinney	16th	85:14
Tim Andrew	18th	89:23
Brenda Tree	19th (3rd F)	90:03
Sheila Andrew	20th (1st MF)	90:57

ALBERT COUNTY 1/2 MARATHON 17th SEPT 1983

Bill LeDrew	3rd	1:17:38
Dave Wallace	4th	1:17:47
John Cathcart	13th	1:21:08
James Tucker	16th	1:29:08
Tim Andrew	22nd(4th M)	1:38:05
Sheila Andrew	30th(1st MF)	1:46:10
Brenda Tree	32nd(4th F)	1:55:01

The first annual CCRR's softball game was held Sat 10th Sept at FHS diamond.

The pulled "Ham Strings" started their ace Paul "The Bullet" Lavoie and Fred "Fireball" Turnbull was the starting hurler, or is that curler, for the underdog "Not So Fleet Feet".

The first inning featured several outstanding defensive plays, in particular, Edna "The Vacuum" Harris, and Pat "The Human Scoop" Beggs. The score remained 0-0.

After several lucky hits by the "Hams", lead by Steve (Four Leaf Clover Scott), the "Strings" pulled ahead 1-0. Not to be outdone, Wendy "Boomer" Beggs smoked a homer to tie the issue.

Following an extended official time out, a large cooler of beer was found by the Umpire and chief Dick Mawhinney.

The game resumed after a short time, with higher spirits, throughout. June "Lefty" Parmiagiani and George "Lightening" Hubbard took over the pitching duties.

The game see-sawed for several more innings with numerous refreshments breaks until it was revealed by the official scorer Crystal "Computer" Nash, that the Hamstrings were up by one run.

The bottom of the last inning was mared by an injury to John "The Glove" Mercer when he tripped over a foreign object reputed to be a beer bottle. Big Tony Little denied this could be a beer bottle, saying he only drank cheap wine from a brown paper bag. All agreed.

The two imports Karen and Carolyn let their presence be felt.

Tim Maillet won the "Gold Sneaker Award" by fielding 1 of the 8 chances hit to him.

Parmiagiani caught one of the few balls in the outfield and was voted most likely to succeed as a softball player.

The game was mercifully called when the beer ran out. To all those who couldn't make the game, we express our condolences and hope to see you next year.

CAPITAL CITY ROAD RUNNERS 10 Km Fall Classic

Held 25 Sept 1983

On a day which the race director Paul must have ordered we nervously awaited the registration to begin. Edna and I were worried if we had enough food. Steve was busy instructing the water stop volunteers. Many members, friends and/or family were walking around wearing red vests and carrying stop signs.

It was 3 o'clock and runners began to arrive. What a turnout 56 runners with people from here, Saint John, Woodstock, Moncton and Centerville.

Here is how it ended:

1.	Joe McGuire	33:00	1st	30-39
2.	Rollie McSorley	34:09	2nd	" "
3.	Mike Simmons	34:44	3rd	" "
4.	Andre LeBlanc	35:30	1st	16-20
5.	Dave Wallace	35:33	1st	21-29
6.	Bill LeDrew	36:31	4th	30-39
7.	Mike Waller	36:42	1st	under 16
8.	Bill Cummings	36:46	5th	30-39
9.	James Ayles	37:15	2nd	16-20
10.	Douglas Vipond	37:50	6th	30-39
11.	Terry Edgett	38:04	7th	" "
12.	John Cathcart	38:20	8th	" "
13.	Sean Best	38:21	3rd	16-20
14.	Stephen Mundie	38:28	2nd	21-29
15.	Greg Gould	39:12	9th	30-39
16.	Larry Robinson	39:36	10th	" "
17.	Philip Clegorn	39:38	3rd	21-29
18.	Mark Roberts	39:39	11th	30-39
19.	Steve Scott	39:45	12th	" "
20.	Raymond Kaine	40:00	4th	16-20

21.	Brian Rosborough	40:05	4th 21-29
22.	David Pretlove	40:38	5th " "
23.	James Tucker	40:43	13th 30-39
24.	Doug Smith	41:17	14th " "
25.	Andre Chartrand	41:26	1st 40-49
26.	Julie Todd	41:27	1st under 16 F
27.	Bill Todd	41:34	2nd 40-49
28.	David Beattie	41:46	15th 30-39
29.	G Crandlemire	43:12	16th " "
30.	Peter Lord	43:15	5th 16-20
31.	Rosaire LeBlanc	43:16	3rd 40-49
32.	H.C. Gunter	43:35	1st Over 50
33.	Mike Stanenhurst	44:30	4th 40-49
34.	Mike Redmond	44:33	5th 21-29
35.	Fred Turnbull	44:37	2nd Over 50
36.	Ian Malivesky	44:49	6th 16-20
37.	Tim Andrew	44:52	5th 40-49
38.	Rayma Palmer	45:37	1st 30-34(F)
39.	Don Hicks	45:44	17th 30-39
40.	Dick Waller	45:59	6th 40-49
41.	Jan Truka	46:12	7th " "
42.	Wendy Mathers	46:40	2nd 30-34(F)
43.	Wayne Welch	46:51	18th 30-39
44.	Marilyn Corey	46:51	1st 35+ (F)
45.	Tony Little	47:58	8th 40-49
46.	Ginette McGuire	48:02	2nd 35+(F)
47.	Heather Neilson	48:53	3rd 30-34(F)
48.	Brenda Tree	49:03	1st 21-29(F)
49.	Brian Gillis	49:22	19th 30-39
50.	Diane McDougall	49:22	1st 16-20 (F)
51.	John Webster	49:31	20th 30-39
52.	George Phillips	50:43	9th 40-49
53.	Kathy Smith	54:52	3rd 35+ (F)
54.	Jean Clendenning	57:41	4th 35+ (F)
55.	Jo-Ann Andrews	57:41	4th 35+ (F)
56.	Mary Maillet	63:15	5th 35+ (F)

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Results of the 4th Annual Benjamin's 10 Km Roadrace held Sunday, Oct 2, 1983 in Bangor, Maine.

Benjamin's is the biggest roadrace in the Northeastern U.S. North of Boston.

Nationally sanctioned race.

694 Entrants

Results (CCRR's) Entrants

Dave Wallace	35:06	58th
Bill LeDrew	35:48	66th
Tim Maillet	36:52	89th
Ed Takacs	36:11	74th
Terry Goodlad	39:19	160th(From Dromocto)
George Hubbard	37:33	107th
James Tucker	40:07	193rd
Dick Mawhinney	44:27	342nd

69
360

$$6:35 + 3:16 = 809 \\ 20$$

6:35 35 35
6 440
36 210
3:30 3:3

39,30
1,12
40,42

85 1816
915
3635 11
20
72700,15
10,127

Flo LeDrew	51:56	540th
Crystal Nash	51:59	541th

Alphonese Doirion : 44:15 ? (From Shediac)

Overall Winner (Open)

1. Greg Myer 28:49 (Winner of 1983 Boston Marathon)
2. Bruce Bickford 28:55
3. Andy Palmer 29:01

Top Female

Karen Dunn 34:26

Terry Lee Damen from Saint John placed 5th overall in Female Division.

George Gallant (Shediac N.B.) Winner of men over 50 class in a time of 37:52

ATLANTIC AUTUMN MARATHON

The Atlantic Autumn Marathon was held on another perfect day, weather wise, on Oct 9th in Oromocto. Another good appearance was made by the C.C.R.R's with 15 competing and many more cheering us on.

It was unfortunate that the distances we ran were not accurate but with all that aside we made an excellent showing. First of all the $\frac{1}{2}$ marathon was in this case, around 6 miles.

3rd	George Hubbard	35:01
2nd(M)	Tony Little	40:08
3rd(M)	Fred Turnbull	41:27
7th(F)	Brenda Tree	45:34

Now for the $\frac{1}{2}$ marathon

3rd	David Tree	1:09:06
7th	Tim Maillet	1:19:29
8th	Steve Scott	1:19:57
1st (MF)	Sheila Andrew	1:32:48

Now for our brave 26:2 milers:

(6)

8th	Dave Wallace	2:36:56
9th	Bill LeDrew	2:38:17
	John Cathcart	2:44:57
	James Tucker	2:56:27
	Tim Andrew	3:08:26
	Andre Chartrand	3:12 ??

Something in my memory about this particular race was Tim Andrews comment at about 24 miles. "Oh -----I'am over 20 minutes early". Another thing is: Why did so many people take off their shoes to get their certificates? See you all in Saint John.

NOTE:

Books helpful for sports injuries - found in city Library

- (1) Sports Health - The Complete Book of Athletic Injuries
(William South mayd) M.D. and Marshall Hoffman. 617,1027 SOU
- (2) How to prevent and heal running and other sports injuries .
(Eric Galanty) 617.1027 GOL

Treasurer's Report Oct 19, 1983.

Sent 24 10Km Fall Classic

Income \$324.00
Expenses \$183.67
Net Income \$130.33

Bank Balance \$282.43
Cash on hand 19.00
Total Cash \$301.43 (Dave Prebble)

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CLUB RACING RESULTS:

July 3, 1983 Port Elgin 20 km

13. John Mercer (85:21)

July 30, 1983 Dalhousie 11.5 miles

15. Steve Scott (82:58)

Aug. 14, 1983 Riverview 20 km (provincial championship)

14. David Tree (74:54)	:	113. Fred Turnbull (96:16)
27. John Cathcart (77:11)	:	130. Tim Andrew (102:34)
29. George Hubbard (77:40)	:	142. Sheila Andrew (105:35)
40. Tim Maillet (80:51)	:	149. Crys Nash (109:23)
61. Steve Scott (84:40)	:	152. Brenda Tree (113:12)
93. Dick Mawhinney (91:27)	:	

Aug 27, 1983 Ottawa Canadian Masters 10km Championship

Our own Sheila Andrew ran in this event and placed 6th in her age group with a time of 49:??.

Aug. 28, 1983 Fredericton 5 mile

4. Ed Takacs (25:49)	:	54. Fred Turnbull (33:29) 2 V
10. Bill LeDrew (26:46)	:	55. Rosaire LeBlanc (33:40) 4 M
14. John Cathcart (28:02)	:	56. Tony Little (33:53) 5 M
23. Steve Scott (29:03)	:	63. Brenda Tree (36:05) 7 F
35. James Tucker (30:35)	:	64. Crys Nash (36:23) 8 F
49. Dick Mawhinney (32:31)	:	

Take special note here of all the Personal Records and also our new member's (Tony Little) first performance. Not bad for a beginner!

Sent. 3, 1983 Nackawic 9 km

This is a fairly hilly course as the times indicate. Also note our two new members appearing in the top 10. Further note: Rosaire brought his two sons along to clean up on trophies and records. They placed 1st and 2nd for juniors and Andre set a new record.

4. Scott Hare (32:12)	:	16. Paul Lavoie (37:08)
5. Bill LeDrew (32:48)	:	18. James Tucker (37:50)
6. George Hubbard (33:02)	:	31. 5 M Rosaire LeBlanc (40:46)
8. David Tree (33:29)	:	36. 4 V Fred Turnbull (41:28)
9. Dave Wallace (33:36)	:	44. 7 M Tim Andrew (44:51)
13. John Mercer (36:10)	:	45. 7 F Brenda Tree (45:00)
14. Steve Scott (36:12)	:	47. 9 F (2 MF) Sheila Andrew (47:03)

BEGINNERS: On Monday Sept. 5, Edna and Brenda began a new branch of the C.C.R.R. by starting a "Beginners Only" night. Turnout was light (only 2) but we hope the weather and holiday was the problem. We are all set to go again on Monday the 12 and hope all will go well. Thereafter it will be on Sundays, so please the word along.

LABATT'S LITE SERIES:

The racing season is drawing to an end and a lot of our members are right up there in the Labatt's Lite Series standings. In the Men's Open we have three in the top ten and we hope they can hold on. In the Women's Open we have two in the top ten and one in 11th place. In the Men's Veterans we have someone in 4th place. There are only three races left in the series so we'll keep our fingers crossed for everyone that they can hold on or move up their position.

UPCOMING EVENTS:

Sept. 24 Fredericton Exhibition grounds CCRR sponsors a 10km road race with help from Frank's Foods and other local merchants. Start 4 pm. Race director Paul Lavoie.

Oct. 2 Benjamin's Tavern 10 km race in Bangor Maine.

Oct. 9 Atlantic Autumn Marathon, Oromocto. This includes 26.2, 13.1 and 6.5 mile races. Brenda Tree has entry forms for this event. (454-6202) There is a new race committee this year and the start is on the base at the Recreation Centre.

Oct. 22 A five mile road race for women only will be held Oct. 22 starting at 3 pm from Wilmot Park.

N. B. ROAD RACING CHAMPIONSHIP:

On Sunday Sept. 11, 1983 I attended a meeting in Newcastle concerning the N. B. Road Racing Championships (Labatt's Lite Series). Representatives from five clubs (Capital City Road Runners, Fredericton Track Club, Miramichi Joggers, South East Striders and Restigouche Road Runners) were present including several race directors and the NETFA Technical Director, Joe Lehmann. All clubs and race directors had been notified by Road Race Chairman Jacques LeCouffe, so a larger turnout would have been desirable as several important issues were considered.

As a result of decisions made at this meeting, there will be some changes in the series for 1984. The intention is to make competition keener for the overall championship while continuing to encourage mass participation. A selected set of ten or eleven races will be part of a "super series" or "gold award" level. To determine standings for this level a runner's best eight out of the selected ten or eleven races will be counted. In the "silver award" level, any of the races may be counted but the procedures will not allow the gold award winners to win the silver level too. The bronze award level will be a participation award for anyone who ran in at least three races and earned a total of at least five points. The procedures and details will be explained in next year's series brochure, which should be available before the end of 1983.

The super series races will include any provincial championships (presently we have 10k and 20k, possibly there will be a marathon designated as a provincial championship in future) and two races from each of four zones in the province. These races will be chosen to spread the schedule over approximately six months from May to Oct and to cover a range of distances all the way up to the marathon. The zones were specified as North, South, East and West with the boundaries chosen arbitrarily to provide approximately an even distribution by number of races in the 1983 season. The schedule will be adjusted if possible to prevent a super series race conflicting with another race on the same weekend. A committee with a representative from each zone will decide which races will be part of the super series for subsequent years. Overall quality of the race presentation will be a factor in the decision, as well as the need to satisfy the criteria mentioned above, namely; two per zone, May to Oct., and the range of different distances.

The other major issue of this meeting was the subject of NBTF, "carding" of runners, and sanction fees. The provincial T & F associations are assessed annual fees by the CTFA based on the population of the province. It is important to the NETFA that the road runners carry their fair share of this assessment. All present agreed that as part of a sport governed by the NETFA that we should see that we do pay our way. Options are closed races (available only to registered T & F athletes), a "one day" membership on payment of an extra \$1. entry fee or some other plan. Several race directors

are strongly opposed to closed races because of the effect this would have of eliminating recreational runners who race only once or twice a year and would not bother to buy a T & F membership. Similarly some do not want the administrative problems and uncertain budget implied by a variable entry fee. Some clubs include an NBTFA membership with their club membership; others are opposed to this. The whole dispute is clearly related to the recent great growth in the number of runners and rising costs of the administration of the sport governing bodies. Our compromise is stated in two motions which will be taken to the semi-annual general meeting of the NBTFA in Moncton on Sept 25. Following is the approximate content of the motions:

Motion 1. Sanction fees for road races in 1984 to be:

1	-	50 runners	\$25.
51	-	100 "	50.
101	-	250 "	75.
251+	"		100.

any super series race \$100.

The sanction fee is to be considered payment of a "day membership" in NBTFA for those entered.
(carried unanimously)

Motion 2. Race directors may charge a different fee for members and non-members of NBTFA in order to encourage membership in NBTFA.

(carried with two abstentions)

Other business included nomination of a new chairman to replace Jacques LeCouffe effective at the next meeting of the Road Race Committee which will be in Fredericton the day before the 1984 Heart Marathon. Three of the four zone members of the committee to decide super series races were chosen. (there was no representative present from the South zone) Fredericton is in the West zone; Dave Prebble is the representative.

The position of Technical Director of the NBTFA is to be funded partly from the grass roots level; in this context each club is being asked to make a contribution and to solicit funds from sponsors in their area.

submitted by Dave Prebble

THE OLD NORTH WIND BLOWS

The time of year is soon approaching when we all put this summer's races to rest and dig out our "winter sweats". To me winter is the time to relax due to the end of racing for another year and the need to slow down due to heavier clothing and poor footing.

Us "old timers" know about winter running but I thought a few new comers may appreciate some tips.

Primarily you can run on any day in any weather but PREPARE for it. Dress warmly. It is much easier to remove an extra sweater or mitts than to be chilled for the whole run. Another must once the snow and ice appears is to be sure your running shoes have a decent grip so falls are less likely. Especially in winter, try to run on sidewalks whenever possible. If you must run on the road run facing traffic and be prepared to jump into a snowbank if a car seems to be skidding in your direction. Try not to run at night and if it is necessary, try to wear something reflective (vests, ankle bands, and tape are available in many stores).

Now for clothing; it is not necessary to go out and buy a \$165 Gore-tex suit. Mind you if money is not a problem, I am sure they are very nice. I, myself, stock up on a couple of pairs of sweat pants and shirts, mitts, ak-Way type jacket, a hat and a scarf. The nylon pants (by K-Way or Adidas) are very nice for cutting the cold wind or for extremely cold days. If you are racing during winter ; a good investment for both men and women might be a pair of leotards or tights. They are worn under your shorts in a race. They are available with or without the foot part in them, the foot-less type seem to fit the men better.

Our Sunday Fun Runs were well attended last year and were lots of fun with a post-run warm up at one of the local establishments where we gossiped, had a beer or Coke, but mainly got to know each

other. Hope to see all you members there no matter the weather.

Over the past month or two our club has grown and grown. We have many new members and we all wish to say HI to :

Andre and Lucette Chartrand

Scott Hare

Harold Gunter

David Wallace

Wayne Welch

Mike Stapenhurst

George Phillips

Roly McSorley

Don Hicks

Barb Ramsay

Edna Johnson

Carolyn DiGiacinto

Vicki Fullarton