

APRIL 1984

Volume 2 Issue 9

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

And here is our new executive. Feel free to call on us if you have a problem.

PRESIDENT	Paul Lavoie	454-7520
VICE PRESIDENT	Tony Little	454-5019
SECRETARY	Dave Wallace	457-3479
MEMBER AT LARGE	Dick Mawhinney	454-1721
TREASURER-REGISTRAR	Brenda Tree	454-6202
FUNRUN COMMITTEE	Flo LeDrew Bill LeDrew	454-6073
FOOTNOTES EDITORS	Brenda Tree David Tree	454-6202
TELEPHONE COMMITTEE	Mary Maillet Edna Harris Brenda Tree Dorise Turnbull	455-7291 454-1721 454-6202 454-2612

FROM THE EDITORS

In this issue there is the last in the series of profiles from the winners of the Labatts Series in 1983. It is the profile of Terry Lee Damon. I'm sure you will find it interesting.

Because we have a new executive we will do a short profile on each of them. We hope to have all of them in this issue or perhaps to finish in May's.

Also in this newsletter you will find the minutes from the General Meeting and also the Executive meeting. If you have any questions or comments please call one of us.

Brenda Tree

David Tree

PROFILE PAUL LAVOIE - PRESIDENT

I am 35 years of age living in New Maryland with my wife and three children. I have been active in the club as the interim co-chairperson last year and have been running regularly for approx. 4 years. I am presently returning to running after a 6 month lay-off as a result of a running injury.

PROFILE DAVE WALLACE- SECRETARY

Having come from a small town, Waterdown, near Hamilton, Ont. I developed a small town mentality, which is probably one of the reasons why I landed in Fredericton(sorry). I've spent most of my past as a student, B.Sc. from Guelph, and M.Sc. from UNB, with the exception of a 2 year stint of teaching in Nigeria (1978-80) as a CUSO co-operant. I have not yet been able to break away from the yoke of being a student, I'm still at UNB.

In my precious spare time, I've delved in a bit of photography, cycling (bike's been stolen and I've been too cheap to buy another), cooking, skiing (just this past winter), and running, especially in this past year. Running, I've always done on and off since my teens but never paid much attention to it: ther always seemed to be better things to do. I can remember very clearly the first race I ran and won. I was about 7. The prize was a fishing pole and my father displayed his pleasure at my success by taking me down to Hamilton Bay to go fishing the following day. His enthusiasum for fulfilling my boyhood fantasies rapidly waned as we watched dead fish belly up bob around the fishing line. That's Hamilton Bay.

PROFILE TONY LITTLE - VICE-PRESIDENT

My interest in running dates "way back" to high school days when I ran cross country. Because the team trained by playing rugby and cricket (honest!), and fared accordingly in races, I learned early to run for fun and not prizes. In the succeeding years I continued to run, albeit intermittently and for shorter distances, in an effort to be "fit" to play various individual and team sports. Currently a Master's runner, I cover 15-50 miles per week, play hockey, and drink beer.

PROFILE DICK MAWHINNEY- OFFICER AT LARGE

As past co-chairman and now officer at large of the Capital City Road Runners I would like to emphasize the intentions and aims of our club in our second year.

In order for success we must always stress our aim of promoting physical fitness through running while at the same time having fun.

I feel our social functions have proven that we are a fun running club. By the same token the comradeship developed among our members at races, by participants as well as spectators, has been a conversation of others and envied by many, I am sure. A table of Capital City Road Runners cannot go unnoticed. Need I say more.

As a short profile I would note that I have always been active in all sports as a youngster and adolescent. However, as age 26 neared I had definitely lost my youthful profile. The life of being footloose and fancifree was beginning to take it's toll. All the while I was running a bit once perhaps twice a week, just enough to make myself feel good.

I began running a little more seriously about 7 years ago. A little more seriously meant about 3 times a week with 5 miles being my maximum. I can still recall some of those runs when after 2 blocks the whole body felt as if it would cave in. I had the same common finding as all beginning runners- I would start out too fast not wanting anyone to see me "jogging". By the time I began "jogging" I was too tired I didn't care.

During these times I usually ran with a friend. We had only one route and we were probably running 10 minute miles. Running was not a high priority.

About 3 years ago something happened, I can't explain what it was but I upped my mileage to about 20 miles per week. My running became more routine rather than "if and when" of earlier times. My lifestyle changed also as Jon Peterson stopped sending me free Cosmo Club memberships. Five miles was still my maximum distance but I could feel I was becoming a better runner. As I ran a little faster I got to enjoy it more and more. All my runs were still 8-9 minute pace.

Around this time I met Tim Maillet at the Court Club. We began discussing running, techniques, distances and times. Until then I thought a 10 km. had something to do with a computer.

One Sat. Tim convinced me to go to Saint John as there was a Loyalist Days Race (1982). He said there would be lots of families, kids and older people. I reluctantly went and felt all the way down in the car that maybe this wasn't such a good idea. I remember I had a \$30 pair of Nikes and too bad I hadn't forgotten them. As all first timers I visualized coming in last as the finish line was taken down.

Just prior to the race start I mentioned that a lot of people looked very professional with nylon shorts and mesh singlets. Seeing a Bill Rogers running club sticker on a parked car didn't help my confidence at all, besides that I didn't see any kids.

Surprisingly enough I finished about middle of the pack in the 10 km. event. Winning a prize for predicted time also helped my esteem.

From then on I was hooked. I can honestly say racing has improved my running and added a new dimension. I now feel there is another reason to run - competition. That added to the recreational aspect has enhanced my desire for running tremendously.

All runs and races have their share of antidotes also. From getting lost in a race to funny and silly comments during a run prove the sport of running as a true social as well as competitive activity. Any group of runners can tell you any number of funny things that have happened to them at any given time.

Running can be individualistic or taken as a group activity. One can run anytime during the 24 hour cycle, 365 days a year. Running can be recreational or competitive- you against the clock or another individual. I would say running is a free spirit sport and the best character builder.

In closing I would like to thank Tim Maillet and Edna Harris for their ideas and innovations in creating the Capital City Road Runners.

Wendy Beggs, David Prebble, Ed Takacs, Tim Maillet, and Paul Lavoie deserve great praise for their hard work and enthusiasm in directing this club during its inaugural year of operation. The Capital City Road Runners are highly regarded in the F'ton area as well as throughout the whole province. Success breeds success and I feel with the capabilities of the new executive we will reach even higher goals.

So let's go get'em and win one for the Gipper or is that "Dicker".

PROFILE BRENDA TREE TREASURE REGISTRAR

I am 29 years old and a wife and mother of a 5 year old boy. I am a Registered Nursing Assistant and work some relief work at the D.E.C.H. I have been running for 2 years now. I did run some track and cross country in high school. I started running because I was ashamed of my physical condition and I hated watching races that my husband was in (don't get me wrong I love to watch him run but not all the time). I felt there was room for me in the N.B. running scene.

Besides running I enjoy walking and tend to promote it as the perfect exercise. I walk about 30 miles a week and our son walks about 20-25 miles per. He really does enjoy it and really misses it if we have to miss a day.

My goals besides being a good Treasure Registrar are to run a marathon perhaps in 1985 and to run a 10km. in 45 minutes sometime in my lifetime (I may have to drive part of it). I see fitness as the key to a longer life (if I don't get hit by a truck staying in shape). For me it is very necessary as my family have a history of heart problems. The theme for the N.B. Heart Marathon is for me "RUN FOR THE HEART".

MINUTES ANNUAL MEETING on February 23, 1984

21 members present

MOTION:

Moved by Paul Lavoie that the Constitution of the Capital City Road Runner's be accepted as circulated. Seconded by George Hubbard.

MOTION CARRIED

The outgoing President of the club, Dick Mawhinney, expressed his gratitude toward all the members of the executive for their assistance and interest over the past year. In addition, Tim Maillet, as an initial co-chairman for the club, was thanked.

NOMINATIONS

The executive previously nominated Paul Lavoie for president, Tony Little for Vice President, Brenda Tree for Treasurer Registrar, Steve Scott for Secretary. Dick Mawhinney remains as Officer at Large. Subsequently, Steve Scott advised that his name be removed from the secretarial post because of his nomination for Vice-President.

After the ballots had been cast, the following were the results for the new executive for 1984:

PRESIDENT - PAUL LAVOIE
VICE-PRESIDENT - TONY LITTLE
REGISTRAR-TREASURER- BRENDA TREE
SECRETARY - DAVE WALLACE
OFFICER AT LARGE - DICK MAWHINNEY

OTHER BUSINESS

Brenda Tree suggested that some members of the club should remain behind during the funruns to stay with a new or slower runner. This should be a different member at each run. It was also suggested that the running routes be made known to all runners previous to actually starting the Funrun.

Bill and Flo LeDrew agreed to assume the responsibilities of the Fun Run committee and will take into consideration these 2 points.

Brenda Tree and Roly McSorley elaborated upon the special rate which will be given to CCRR if members wish to join the Fredericton Track and Field Club. Both the clubs should work together.

Paul Lavoie read a letter which he sent to the Kiwanis Club indicating the Club's firm support for a running, biking, walking route which is to be made between F'ton and Mactaquac as part of a Bicentennial project.

George Hubbard spoke on the forthcoming Heart Marathon to be held in April. All club members are encouraged to support this worthwhile fund-raising activity.

Jerry Kelly from the city Recreation Dept. forwarded a proposal that the club organize the Participaction Challenge in May. The executive agreed to consider the proposal.

Dave Prebble made a financial statment that the club was approximately \$460 in the black.

MINUTES EXECUTIVE MEETING HELD MARCH 1, 1984

Present:

Paul Lavoie, Tony Little, Brenda Tree, and Dave Wallace

Paul Lavoie forwarded the question of whether we as a club should undertake the task of organizing the city Participaction Challenge in May as was suggested by Gerry Kelly of the F'ton Rec. Dept. Although it was recognized that individual members should be encouraged to participate, it was unanimously agreed that the club would not be able to make such a commitment.

It was suggested that the idea of cheque endorsment be changed from 2 signatures to that of only the treasurer. (Since then Brenda Tree found out from the bank that this would not be allowed).

Signing athorities were given to Tony Little, Paul Lavoie, and Brenda Tree.

A number of social activities for 1984 were suggested:
Bar B Que at Mactaquac sometime in June, July or Aug.
Cornboil in Aug. or Sept.
House parties and Bar B Ques.

More definitive schemes included:

1. arranging a van to a race in Saint John on March 17
2. Roller skating party at Skate City March 26, members being notified by the phone committee
3. Carbo Loading at Tony Little's on April 6th (more in SHORTS AND SINGLETS about this)
4. After race bash at Tony Little's cottage on July 21st after the Loyalist Day Run in Saint John.

It was agreed that profiles of the new executive members be submitted to Brenda Tree within 2 weeks to be published in the upcoming newsletter.

Dave Wallace suggested that the minutes of the General and Executive meetings be in the newsletter.

Paul Lavoie noted that because of the positive bank balance, it seemed reasonable to investigate the possibility of purchasing goods that would be of benefit to the club during races. Tony Little agreed he would estimate the costs of such items as: stopwatches, Stop signs, start/finish banners, collapsable water containers and a digital clock.

- A review of the different committees within the club was made:
1. phone committee of Edna Harris, Mary Maillet, Dorise Turnbull, and Brenda Tree
It was suggested that 1 or 2 new members might be added to this committee.
 2. social committee
 3. Race committee It was proposed that a committee should be appointed at the next General meeting to organize the CCRR Race in Sept. and the Women's race.
 4. Funrun committee, Bill and Flo LeDrew
 5. Newsletter committee, Brenda and David Tree
Newsletter to go to print March 21st.

Sportswear for Club Members should be investigated by Paul Lavoie. He is planning on checking with United Sports.

The next Executive meeting sheduled April 18th at Brenda's.

SHORTS AND SINGLETS

A PARTY On April 6th there will be a Carbo loading supper at Tony Little's. The eating will start at 7 o'clock and will be \$2 per person. It's BYOB. If you plan to attend please call Tony Little before April 3rd at 454-5019. Hope to see you all there.

The Heart Marathon takes place on April 8th and the race director is George Hubbard. He did a fine job last year and I'm sure this year will be even better. Let's support him by entering the race and by trying to get as many donations as we can for the N.B. Heart Foundation.

If any member has not yet received their Membership cards please call me, Brenda Tree, and I will alleviate the problem. Also if any other members of your family would like a card please ask me.

Anyone who might like to contribute to the newsletter it goes to print each month around the 21st. All articles would be much appreciated.

A few of our members have been doing quite well in the indoor track season I have heard through the grape vine. I have heard good reports on you people and we wish you all good luck.

If anyone would like to be part of the telephone committee I sure would appreciate it. I find I have quite a few duties as it is. If interested please call Brenda Tree at 454-6202.

Some of the members have spoken about renting a van to take us to races out of town. Anyone interested should speak out about 2 weeks before a race and perhaps contact Tony Little.

As of March 1st the club has \$461.29 in the bank.

Advertising does help because in last month's issue I said that anyone who would like to run at 9a.m. could call me. Well on a day when I was kind of wishy washy about running I got a call from a fellow member and we had a delightful run together and on a day when I might have gone 3 miles we went 10. (Brenda)

We have a new funrun committee so let's give them our support and turn up at the funruns.

GOOD LUCK to all our members who are going to Boston to try the Heartbreak Hills!

Finally in F'ton we can buy Gortex suits for men and women. Don't rush out yet though. They are at Sports Expert in the F'ton Mall and the catch is they are \$260. For the ladies they also have real cute (and expensive) singlets and shorts.

As of March 1st we have a membership of 55 persons. We thought you might like to know who are members and their phone numbers in case you would like to contact them.

Tim Andrew 454-1027
Joe-Anne Andrews 455-2825
Chris and Bonnie Barr 455-4293
Pat and Wendy Beggs 454-6875
Martin Grosweiner 454-0230
Edna Harris 454-1721
Scott Hare 472-3479
Don Hicks 472-8664
Beth Healey 459-1245
Rosaire LeBlanc and family 472-4068
Bill and Flo LeDrew 454-6073
Tony Little 454-5019
Paul Lavoie 454-7520
Dick Mawhinney 454-1721
Tim Maillet 472-0191
Mary Maillet 455-7291
Roly McSorley 457-0760
Crystal Nash 455-5476
David Prebble 455-1450
George Phillips 457-2458
Brigitte Raby 455-1578
Gilles Roussel 455-1578
Mark Roberts 472-0708
Daniel Rearick and family 363-3204
Barb Ramsay 454-7242
Steve Scott 454-1714
Brenda and David Tree 454-6202
Ed Takacs 454-8567
Fred Turnbull and family 454-2612
James Tucker 454-3290
Paul Theriault 454-9871
Dave Wallace 457-0303
John Zimmerman 472-5430
Jonn Cathcart
Gilbert Allardyce 454-9486
Nick Guitard 457-2582

ACHES AND PAINS

SHIN SPLINTS

Shin splints are usually caused by abnormal stress and strain on the muscles and tendons that lift your forefoot and control your toes. These muscles and tendons' jobs are to absorb shock and stabilize your feet during footplant. The angle at which the foot strikes the ground and the ability of the muscles and tendons to withstand the shock indicates your susceptibility to shin splints. I think we all know what these feel like but what exactly is it?

Shin splints are a painful swelling of the damaged muscles and tendons along the front of your lower leg between the tibia and fibula (the two bones). The pain is quite noticeable. The 3 most common causes in beginning runners are: they run on their toes, lean too far forward or do not have well cushioned shoes. If a veteran runner complains it is usually because they have made a dramatic change in training or have a strength imbalance in their leg muscles.

Here are some problems which may cause shin splints and should be corrected;

running on the balls of your foot

too far a forward lean

a sudden shift from thick to thin soled shoes

a shift from flat terrain to hills

" " " endurance work to speed work

" " " soft to hard surfaces

" " " short mileage to long

weak arches

poor flexibility, muscle weakness or imbalance

digging in with the toes upon footstrike

bouncing on your toes on hard surfaces

stop and go running

even tight sweat pants- that is tight elastic at the ankles

The treatment is:

Rest the legs and elevate feet as often as possible

Ice massage the area after each run and before bed

Add heel lifts, arch supports or anterior crests to your shoes

Strapping or taping to be done only by someone who knows how

Medications may help

Run slow on soft, flat terrain only until it hurts, no longer

Avoid recurrence

The very last resort is surgery.

Here is the next letter in our series from N.B.'s top runners and again I have typed it just as I got it.

Dear Brenda,

I was pleasantly surprised to receive your letter and I appreciate your interest in my running career, and hence I am most willing to contribute to your newsletter.

I am 19 years old and am a first year student at the Saint John School of Nursing,

I started running occasionally my first year of Junior High School, competing only in school meets, until my final year of junior high when I became a member of the Saint John Track Club, and began to compete year round.

However I did not run my first road race until I was in Grade 10. That year I ran the Saint John 8 mile Parks and Recreation Race, which I won.

In the past 3 years however, I have become actively involved in the road racing circuit, winning the Sunlife Series in 1981, but I gear my training and put most of my effort into running track.

I usually run 40-50 miles a week alternating hard and easy days. I am usually on the track twice a week doing intervals geared for the 1500 meters and 300 meters track distances.

My best 10 km. is 36:52 ran in July/83 in Halifax at the Bonnie Bell, Brooks Women's 10km.

Best 5 mile- Fredericton 5 Mile Sept./81 30:41

Saint John 11 Mile Road Race May/83 68:45

Saint John 8 Mile St. Paddy's Day Road Race March/83 48:16

I have never run a 20 km..

I hope I have provided you with the information you require, if not feel free to write again. Once again thanks for your interest.

signed Terry Lee Damon

RACE RESULTS

On March 17th, the St. Patty's Day Run was held in Saint John. It was 6 and drizzling. The CCRR's were well in attendance and of course it showed in the after ceremonies with our club contributing to the noise and the beer drinking.

The entry fee was \$2 and for this we had a nice light snack of pretzils, crackers, cheese, chips, beer, and pop. There were quite a few draw prizes and our members won a few of these with some others winning meals and haircuts along with a medal.

Here are the results:

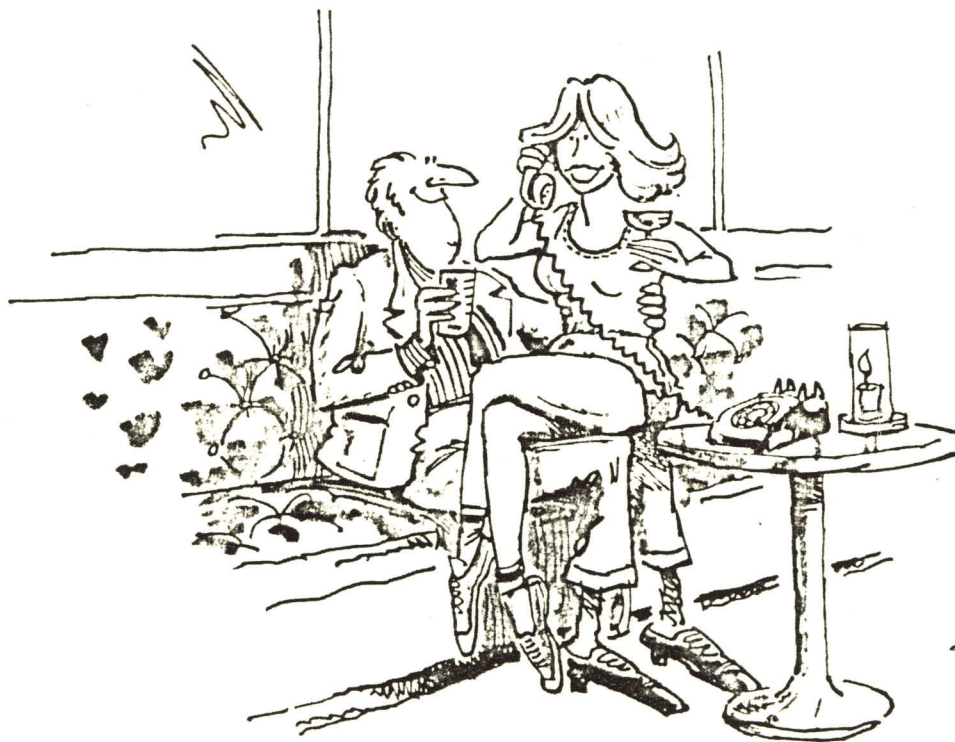
4 MILE 47 entrants
2. David Tree 24:10
46th Jason Tree 66:03

8 MILE 109 entrants
2. Dave Wallace 43:59
3 Bill LeDrew 44:04
9 John Cathcart 46:55
14 Steve Scott 49:15
22 James Tucker 53:16 1st Master
28 Tony Little 54:16
42 Fred Turnbull 57:33
54 Brenda Tree 59:38 4th Female
55 Tim Maillet 59:39
65 Martin Grosweiner 63:35

PS for a change I didn't hear of any CCRR's getting lost.

SPEAKING OF RACES Our 10km. race to be held in Sept. is starting to be planned now. If any of you wish to help by being a part of the race committee please phone Steve Scott soon at 454-1714. I know it sounds early but we would like to have a well organized event and lots of time to accomplish this.





"I'll be home soon, Honey. I'm on my last lap."

IN THE FAST LANE

Sorry about last month's column. I left it in the usual place - in a mayonnaise jar on Funk and Wagnell's porch, but it somehow disappeared.

Spring is here, whoops, winter is back. Probably the most depressing time of the year for runners. Nice warm dry days followed by cold, dull wet weeks. Actually, with the Heart Marathon only a few weeks away, spring must be hiding behind the next snowstorm.

All I can say is that if you haven't developed a good cold by now, you've got it made for the rest of the summer. Keep in mind better days lay ahead.

Saw an interesting sight last week in another city. A runner had used retro-reflective tape on his back and printed a little note something like Tim Andrew's "Fish" only this guy was more serious; his read "I'LL SUE". Martin Grosweiner has yards of tape just for the asking, thanks Martin.

While driving around in my car, I see vast numbers of runners on the streets. The funny thing is few of them are members of The Capital City Roadrunners. How can we entice these poor unfortunate, deprived, unsocial beings into our friendly confines. Perhaps a couple of people would like to get together and write up a short column on this subject to "FOOTNOTES" c/o Brenda Tree.

In closing I would like to say that any runner who is not a member of our club has lost, or has never had the true perspective of a road runner - that being an in-shape, slightly thin, beer swilling reprobate.

See you next month!!!!

E3A 2M7

1/4x

115 Everett Circle

Roscoe DeBlanc - family