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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

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FROM THE EDITORS

Again thank you to any contributors this month. You may find the newsletter a little shorter. For one we took a vacation this month and also we didn't get any profiles in, so if any of you creative people out there can write up your life story we would love to print it.

Have a good summer and may all your 10kms be sub 35.

*Brenda Tree*

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*David Tree*



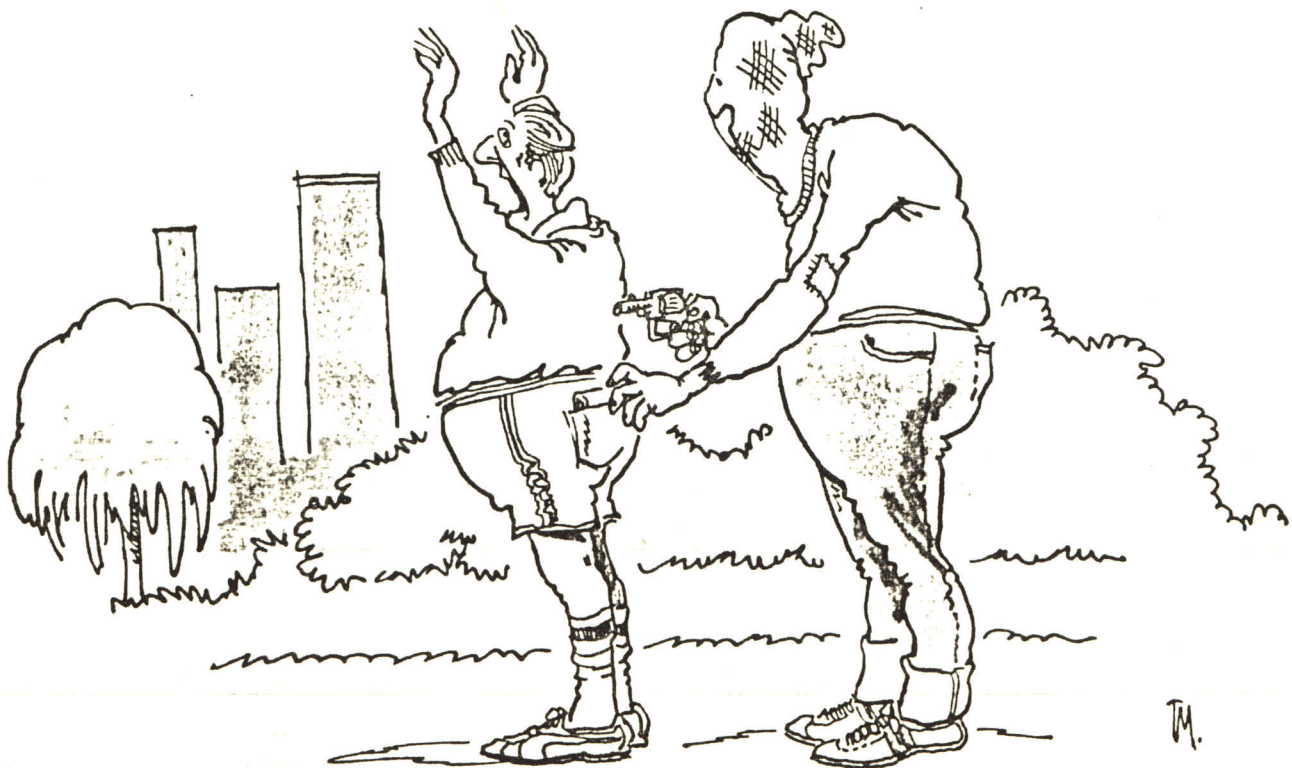
## PERSONAL ACHIEVEMENT AWARD

One of the members who has been working the hardest this year to achieve his goals is JAMES TUCKER. This 40 year old has been putting in a fantastic amount of mileage with very good results. His times at races has improved by leaps and bounds, and so far, he has run 3 marathons in 1984. James sure has made the CCRR look good by appearing at most road races, both near and far. James, we wish you the best of luck and feel you deserve this award because most of us know just how much work you have been doing.

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 IMPORTANT MESSAGES

1. The Funruns for the month of Aug. will be held on the Wed. nights at 7:30 starting at the new Fredericton Aquatic center. This area has lots of parking and is quite versatile to the kinds of routes we can run. See you there!
2. There will be a party after the Loyalist Days race in Saint John on July 21st. This party will be in Saint John at Tony Little's cottage. The cottage is near the airport but for more directions call Tony at 454-5019.



**"Take anything you want, but  
please don't take my Nikes."**





## Katahdin Mountain

For those who are adventurous and in fairly good shape, there is a mountain for you to climb.

On Saturday at 6:30 a.m. three adventurous souls (Dick, Crystal and myself) ventured from the safe confines of Fredericton. It was a grand day with sunshine and hot temperatures.

We arrived around 9:30 a.m. (American) time for our assault on the mountain. The first part of the climb (Cathedral Trail) is nice, but doesn't have the excitement that you get once above the tree line. Tree line meaning no more trees above, just rocks. It usually takes a couple of hours to get there. Once above the tree line (3,200 feet) you can see for miles. At this time of our climb the wind also picked up. Our desire was to reach the summit of Katahdin (5,300 feet) go across the Knife Edge to Mount Pamola (4,900 feet) and then descend Helen Taylor Trail to the car. It took around five hours to the first summit. We rested, looked around, talked with other climbers, then departed on what I consider quite an adventure.

I was elected to lead this expedition two votes to one, later to be known as, can we turn around and go back expedition. At the start of the trek the wind seemed to blow with more velocity making the walking or crawling more difficult. By the way that stretch of the mountain (Knife Edge) is a little longer than one mile. The trail at most places is extremely narrow so we had to be very cautious and careful. One mistake and it was a 4,000 foot drop down on both sides of the trail. I couldn't believe at the time that they actually let people cross. At one point we met a couple going the other way. Dick asked what the trail was like the rest of the way. The people told of places a foot wide, what kidders we said, did we learn different. Our hands were sore from holding on to the rocks for security. There were times when I felt more secure standing on the wheel of an airplane skydiving than on the Knife Edge. At another place we stopped so Dick could put an ankle brace on and even sitting down didn't feel secure. I must say that the views were just incredible from here.

Once across the edge there was relief and satisfaction. We rested for a while, took in some more great scenery, then proceeded down Mount Pamola. We found the trek down long, being tired. The climb itself took eight or nine hours in total.

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I would like to say that not all trails are as difficult as the Knife Edge. Most, people could climb without any problems. There are trails which can be climbed up and down in less time also.

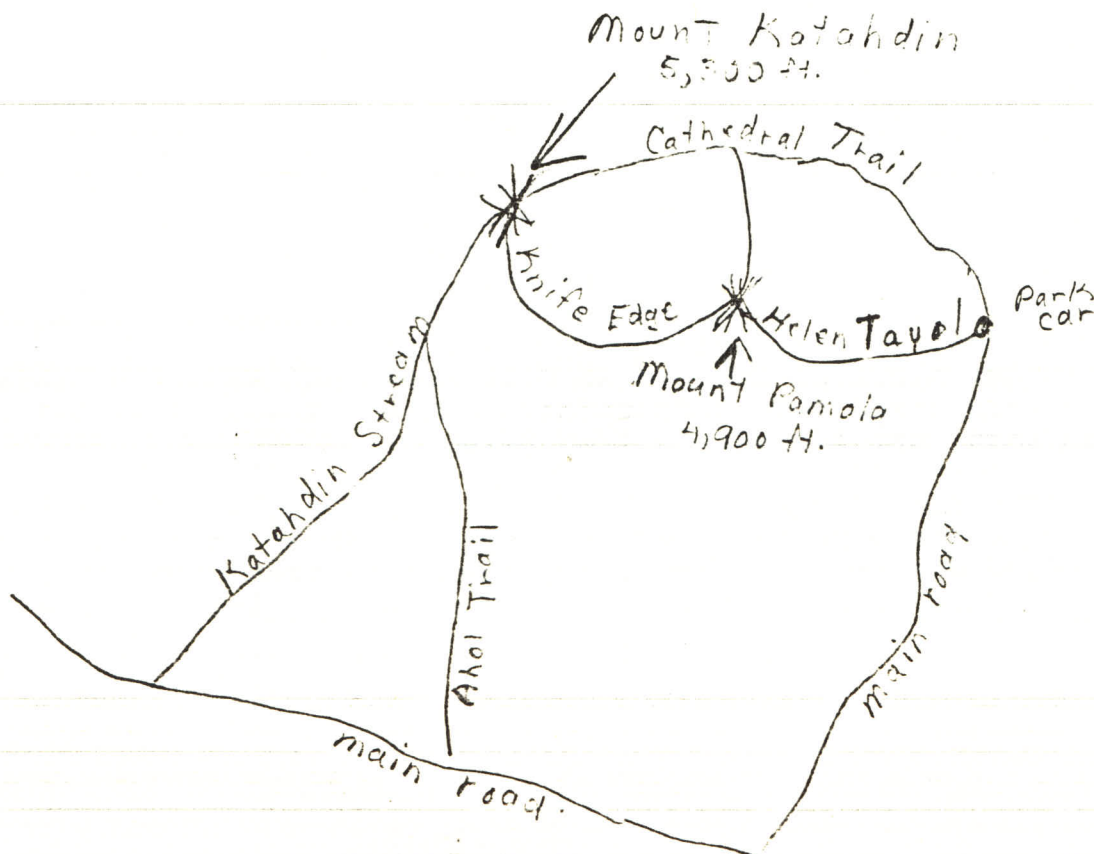
The drive home went quickly with conversation and refreshments.

The only regret I had was not taking a camera. There were some great scenic views and facial expressions to go along with the Knife Edge.

P.S. We are planning another climb to Mount Washington in New Hampshire. This will be a weekend trip August 4, 5, 6, New Brunswick Day holiday weekend. Anyone interested in going or just information, call

Dick Mawhinney 454-1721  
Tim Maillet 472-0191

Tim Maillet





## SHORTS AND SINGLETS

The club was given a N.B. grant of \$300 to make pamphlets to put around motels and such to give routes for visiting runners. That brings our bank total to \$575.56. We have also purchased 1 stopwatch with the second one on order.

One of our members said recently the reason she started to run was because her knees were getting baggy.

Who on our funrun in the woodlot was lucky enough to find a quarter? I imagine she was more observant because she was so anxiously looking around for bears and snakes.

Nick was true to course in the Newcastle race recently. Unfortunately there wasn't a bridge there to go behind.

Race entries are now available for the Perfection 20km. in Moncton. Steve Scott has some and also some are at the sporting goods stores. Brenda has a few applications for the national 20km. to be held in PEI on Aug. 26th. It sounds good and the PEI Roadrunners will be sending a list of accommodations. Also Brenda has sent to Bangor for a pile of applications for the Benjamins' 10 km. and these will be available to you as soon as they arrive.

Also one of our members in Newcastle proved that it is very hard to run, drink water, and keep an eye on the competition at the same time. Skinned knees are hard on someone my age.

Quality Shoes in the F'ton Mall will give us 10% discount on regularly priced running shoes. This will be given after you show your membership card.

What well known George was caught with his pants up during the triathlon and was seen running trying to get them off?

Those of you who get CANADIAN RUNNER will find one of our members names mentioned on page 13 of June's issue. We always knew he was fast but how fast was he?

Rumour has it that the CCRR has it's own version of "WRONG WAY" CORRIGAN Are you ready sports fans? It is none other than our own John Cathcart oops-- John "WRONG WAY" Cathcart. Saint John sure is a hard place to find you way around; and also, did he really have to be directed into the finish chute at the Oromocto 10 km.?

# " Broke Both the Laces"

by David Tree

1. I woke up one morning  
The rain pouring down  
A hole in my raincoat  
I recalled, with a frown.

2. Pulled back the sheets  
And hopped out of bed  
Tripped on a lamp cord  
And fell on my head.

3. To run, or more sleep  
I soon had to choose  
I sat down to think  
And had a quick snooze.

4. I pulled on the track suit  
That i wear to my races  
Tightened up my sneakers  
And broke both the laces.

5. Locked both the doors  
I'm ready to go  
A quick feel for my keys  
On the dresser, Oh no!

6. For a few speedy miles  
I was off like a flash  
Slipped on some refuse  
In a puddle-went splash.

7. Soon I was floating  
Had a real runner's "HIGH"  
I kept up a good pace  
But sure had to try.

8. Not paying attention  
I crossed through a yard  
Racing 'round the corner  
Came a dog, teeth barred.

9. I lunged for the fence  
"I can't stay and play"  
In less than a second  
My pants were afraid.

10. Kersplat.....in a garden  
My leg almost bit  
I gasped as I laid  
In that fresh chicken s\_\_\_!

11. I finally got home  
It was a quarter past eight  
Straight into the shower  
For work I was late.

12. But then I remembered  
Why hurry today?  
The boss has a conference  
And will be away.

13. I just poked along  
As I showered and ate  
For a Friday morning  
This is just great !

14. Hopped on my ten speed  
The front tire went "pop"  
Why , oh why  
Won't that rain ever stop?

15. With that hole in my raincoat  
The water would come  
In through the collar  
And out by my bum.

16. Look at the time  
Must get to work soon  
If I don't, I will miss  
My lunchbreak at noon.

17. Limped into work  
The morning a loss  
That car in the lot  
Belongs to the boss!

18. My watch started chiming  
It was signaling noon  
Oh my....Oh my  
What a beautiful tune!

19. Since at noon to the gym  
I usually go  
For another few miles  
Sometimes fast...sometimes slow.

20. I pulled on the track suit  
That I wear to my races  
Tightened up my sneakers  
And broke both the laces....  
....



## AND THEIR OFF

Before I put in the results I'd like to let you know about the 1 mile race and also a relay race of two legs of 5km each. These will be held here in F'ton on the weekend of Aug. 18 & 19. The organizer is George Hubbard.

Another upcoming race is the Perfection 20km. in Riverview (outside Moncton) to be held Aug. 12th. This race is a whole weekend of meals and festivities and the course is quite reasonable for hills. The course is well patrolled and marked with 3-4 water stops.

May 24- Oromocto 10 km.- 77 entrants (Note a very hot day)

4 Bill LeDrew 36:22  
 5 Dave Wallace 36:23  
 10 Dan Rearick 37:21- 1st Master  
 11 David Tree 37:33  
 15 John Cathcart 38:13  
 19 James Tucker 39:29- 2nd Master  
 20 Mark Roberts 40:09  
 23 John Mercer 40:23  
 27 Neil MacTavish 41:02  
 31 Marc LeBlanc 41:45- 2nd UNDER 17  
 33 Steve Scott 41:58  
 34 Rosaire LeBlanc 42:00  
 36 John Webster 42:15  
 37 Peter Rearick 42:24  
 40 Nick Guitard 42:56  
 41 Tony Little 43:01  
 42 Tim Maillet 43:04  
 48 Dick Mawhinney 44:42  
 49 Fred Turnbull 44:45- 1st VETERAN  
 51 Dave Prebble 45:06  
 55 Pat Beggs 47:34  
 58 Brenda Tree 48:12- 5th F  
 73 Eleana Davidson 63:57

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# June 17th BICENTENNIAL MARATHON WOODSTOCK

Unfortunately I do not have many of the memers times but I did get some positions.

6.5 mile event

2nd MASTER John Webster

13.1 mile event

2nd- Roly Mcsorley

26.2 mile event

6th Dave Wallace 2:53:41

2nd MASTER James Tucker 2:58:05

PORT ELGIN JULY 8th (note rainy and anyone ther will understand this joke.

**IF THE RACE APPLICATION SAYS—**

**“There will be plenty of toilet facilities at the starting line ...”**

**THE TRUTH IS:**



5Mile event

2nd David Tree 28:52

20km.

4 Scott Hare 1:12:47

5 Dave Wallace 1:13:13

7 Bill LeDrew 1:16:03

13 John Cathcart 1:18:26

17 James Tucker 1:20:45

23 Mark Roberts 1:25:16

25 Steve Scott 1:26:02

26 Tony Little 1:26:23

4th F Brenda Tree (blush embarassment) 2:00:54

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NEWCASTLE 10KM. JUNE 24th

I do not have complete times for everyone but here is what I have;

4th Scott Hare

3rd Roly McSorley

7th Dave Wallace 35:22

18 David Tree 36:42

20 John Cathcart 36:51

2nd MASTER James Tucker 36:58

53 Steve Scott 39:44

63 Dick Mawhinney 42:24

Nick Guitard 42:??

2nd VETERAN Fred Turnbull 44:??

12th F Brenda Tree 47:37



This month, of course, marks the 1984 Olympic Games in L.A. I recently received a schedule of events and with it a list of some of Canada's competitors in the track and field events. This, of course, is not a complete list but I thought you might enjoy having a few names in your memories.

Fri. Aug. 3- 1st day of track and field events.'

Women's Heptathlon- Diane Jones Konihowski and Jill Ross-Griffen. This is a 7 event competition in 2 days. The events are 100m, 800 m, 100m hurdles, shotput, javelin, long jump, and high jump. 20 km. Walk with Guillaume LeBlanc to watch.

Sat. Aug<sup>4</sup>-

The semi finals and hopefully the finals of the Men's 100M will find at least one of Desai Williams, Tony Sharpe or Ben Johnson in them.

Sun. Aug 5-

This is the "big day" of the Women's Marathon where 3 Canadians will compete. Two of their names are; Jacqueline Gareau and Anne Marie Maione. Women's 100 m finals- with Angela Bailey, Angella Taylor and Tanya Brothers hoping to be there.

Men's Javelin- Phil Olsen of Vancouver hopes to be in the finals.

400 m Hurdles- Ian Newhouse

Mon. Aug. 6-

Men's 110 Hurdles- Mark McKoy and Jeff Glass

Men's 10 km. - Paul Williams will probably be the biggest chance for a medal

Women's 400 m- Marita Payne, Molly Killingbeck, and Jillian Richardson

Women's 800 m- Brit McRoberts

Tues. Rest Day

Wed. Aug 8

Women's 400 m Hurdles Gwen Wall and Christine Slythe

Thurs Aug 9

Men's Decathlon finishes with Dave Steen as one of our entrants.

Fri. Aug 10

Women's High Jump- Debbie Brill and Brigitte Reid

Men's 300 Steeplechase- Greg Duhaime

Women's 100 Hurdles- Sue Kameli

Women's 3000m- Alison Wiley, Lynn Williams, and Debbie Scott.

Sat. Aug 11

Men's Highjump- Milt Ottey, Alain Metellus and Greg Joy

Shot put- Bishop Dolegiewics and Bruno Pauletto

Men's 50 km Walk- Francois Lapointe

Men's Marathon- Dave Edge, Art Boileau, and Alain Bordeleau

There are , of couse, more names and events than these but I thought it would be nice to know a few names beside Alberto Salazar or Edwin Moses.





## IN THE FAST LANE

Just arrived back from holidays and have lots of goodies to talk about.

I understand the success of the B.B.Q. has been well documented - congratulations to all concerned.

Sounds like Dick, Tim and Crys had a very enjoyable time climbing Mt. Katahdin in Maine. According to all, the knife edge is pretty scary, especially on a windy day. Reports indicated that Ed Takacs may attempt the feat in the fall - only time will tell.

Rumor has it the softball game was a lot of fun. Team captain Beggs' presence was especially missed. All in all I guess everyone had a good time. Remember, any suggestions for social events should be forwarded to any of the executive.

According to Brenda Tree, the Capital City Roadrunners have let their presence be known at all the races this year. In particular, at Port Elgin, almost in the heartland of Strider country, we outnumbered them about 10 to 2 or 5 to 1. Keep up the good work.

Steven Scott notes that preparation for the Fall Classic is progressing on schedule. This is the major club event for the year and we need everybody's participation. Please call Steven Scott if you are able to help in any way.

A few club members are doing track work on Tuesday nights at F.H.S. Thursday night is sometimes an alternate. Track work may be the solution to some of your summer running drolls. Why not try it - it's short and short - short distance and takes only about 30 minutes.

Quote of the month would have to fall to Brenda Tree. After completing a very difficult 20 km race, Brenda noted that her new philosophy was "Complete, Not Compete". Good stuff, Brenda.

A reminder to all that George Hubbard is holding several interesting events in the next several weeks - a mile run as well as a 2 x 5km relay race. Both sound as if they will be a lot of fun.

Word through the grapevine is that a general meeting will be held in the near future. Collect your ideas, thoughts, complaints and suggestions and plan to attend. I imagine times and places will be noted via the telephone committee.

See you next month.

P.S. Anyone interested in going to New Hampshire on a hiking expedition during the long weekend in August, please contact Ed Takacs - 454-8567.

