

CAPITAL CITY ROAD RUNNERS

FREDERICTON, N.B.

FOOTNOTES

THE EXECUTIVE

PRESIDENT	Paul Lavoie	454-7520
VICE-PRESIDENT	Tony Little	459-1687
SECRETARY	Dave Wallace	457-0303
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 Dorise Turnbull Wendy Beggs Brenda Tree	455-7291 454-1721 454-2612 454-6875 454-6202

FROM THE EDITORS

It's time to celebrate. This is our 12th issue and with that we would like to thank all our contributors over the year, especially the "unknown writer" of the "In the fast lane".

Bill LeDrew has contacted us about the shorts and singlets which some of us ordered some time ago. There is some explanation in the minutes of the general meeting but he wants to inform us that those of us who ordered before will be contacted by him in the near future. Also any of you who might be interested in having club shorts and singlets might call Bill before too long. These will run at around \$27 for both the shorts and tops.

Also Bill and Flo LeDrew *wish* to invite one and all to a Christmas party at their home on December 15th. Let's see you there.

Being that a year for us, with the newsletter is over we want to offer the editing of this fine monthly to anyone else who might like to try their hand at it. We will continue to do it if no one comes forward but mainly want to offer it to anyone who might wish to take over.

MERRY CHRISTMAS

Brenda, David Tree,

HOW TO TELL WHEN RUNNING IS RUNNING YOUR LIFE from "THE RUNNERS HANDBOOK"

Your lover leans over in bed, whispers, "How was it for you?" and you automatically respond, "It was okay, but it wasn't my personal best."

You can recognize people you train with by the sound of their footsteps.

You personally resent any car that uses the same street as you do.

Zeller's will not let you shop in your sweatsuit after a workout because you leave puddles.

Your husband says, "Would you mind running out to the post office with this parcel?" and you never consider taking the car.

You write an angry letter to ADIDAS complaining that you only got 12,000 miles out of your last pair of running shoes.

You miss a day of running and it causes you more guilt than forgetting you Mother's birthday.

The bottom of your feet are so callused that when you run barefoot it sounds like flamenco dancing.

When someone asks, "How far is it from LA to Santa Barbara?" you immediately answer "For Alberto Salazar it's 15 hours, but for me it's 23 and a half."

You start buying Dr. Johnson's Foot Powder in economy 500 pound barrels.

Despite what your wife says, you can carry on a conversation about something other than running.....as long as the listener is moving at the same pace as you are.

You won't let your pet cat sleep on the bed, because when it comes to oxygen, you won't share it with anyone.

IF THE RACE APPLICATION SAYS—

"No one cares who wins, it's just a Fun-Run!..."

THE TRUTH IS:



MINUTES- GENERAL MEETING NOV. 8, 1984 UNB SUB Rm. 26 7:30 PM

Present Bill LeDrew
Ed Takacs
John Mercer
Steve Scott
Mr. and Mrs. Rearick
Paul Lavoie
Dick Mawhinney
Brenda Tree
Dave Wallace

Paul Lavoie expressed regret for Peter Richardson's absence as guest speaker.

The floor was passed to Dan Rearick who made an announcement on behalf of the Fredericton Regional Office of the Dept. of Youth and Recreation for a regional fitness meeting on Wed. Nov. 14, 1984 at 7 pm at the Regional Center, St. Mary's St. Fredericton. A number of items would be discussed concerning the fitness needs of the region. Such items discussed would be the possibility of forming a Regional Fitness Organization, Fitness Professional Development clinics, Workshops, and Provincial and National Fitness Programs. Mr. Rearick briefly outlined the intended structure of such an organization and a possible conference in future on fitness. He expressed interest from the CCRR on the conference would be appreciated.

Paul Lavoie listed the items on the agenda for the general meeting:

1. shorts and singlets
2. \$ 300 grant from the Provincial Gov.
3. Finance report from the Treasurer
4. City Police review on charging for services at road races
5. Nominations for the new executive
6. Cross country championships
7. Super Series review and relationship with NBTFA

Bill LeDrew announced that the shorts and singlets order made through the Co-Op has been cancelled. An alternative was provided through Gerge Hubbard. At a minimum order of 30 items, singlets can be purchased at \$13.17 each, shorts at \$13, and long sleeved T shirts \$7.60 (2 crests \$8.10) It was suggested that interested persons contact Bill LeDrew.

Paul Lavoie commented that \$300 had been obtained from the Province and is still available for the printing of pamphlets by the CCRR for distribution throughout the city for the tourists containing running info and possibly routes. Bill LeDrew offered to obtain a similar pamphlet in Halifax in the near future.

Brenda Tree reported that the club currently has \$469.54 in the bank plus \$ 284 left in the Provincial grant. From the Fall Classic Race we netted \$252.57, with \$915.97 brought in and expenditures of \$663.40

Concern was raised as to what policy should be adapted towards funds in the bank. Steve Scott maintained that there be monies returned to the community, possibly in the form of donations to such groups as the Y. Takacs disagreed arguing that the funds collected were not substantial enough to make any appreciable donation and therefore caution should be taken to reserve the money.

Dave Prebble suggested that a budget in proposal should be written up and followed.

Paul Lavoie agreed that a budget would be prepared at the next executive meeting and presented at the following general meeting for approval. MOTION: Ed Takacs moved that \$500 be deposited in a bonus savings account until futhur decision as presented by the upcoming budget.

SECONDED by Bill LeDrew
CARRIED

Paul Lavoie commented that Jim McCallum of the Fredericton City Police is reviewing the possiblity of charging for special services requiring the police during a road race.

Paul Lavoie reminded the gereral meeting that people should start considering nominations for next year's executive. The current eecutive will be preparing a nominating slate for the new executive.

It was suggested by Paul Lavoie that the Cross Country Championships is being held on the 17th of Nov. He further suggested that the CCCR may be interested in entering a team, or if anyone was interested in competing individually, Joe Lehmann was to be contacted.

A letter containing the club's executive's comments and recommendation on the Labatt's Lite Super Series addressed to Mike Lushington was read by Dave Wallace. Bill LeDrew read a letter representing a personal view on series. The comments of both letters was discussed and approved in general by all. It was agreed that Bill LeDrew's letter be sent by either George Hubbard or currier in time for the meetings in Moncton on Nov. 9&10, 1984.

The relationship of the Road Racing Clubs with the NBTFA was discussed. Bill LeDrew commented that in order to have the NBTFA act in the interests of Road Racing Clubs, members from the clubs should be more actively involved on the NBTFA executive.

Dave Prebble reflected that his personal experience with NBTFA general meetings were not entirely satisfactory. Proposals presented by him were not fully considered.

Paul Lavoie remarked that we wish to hear from the Labatt's Lite Super Series committee on the issue.

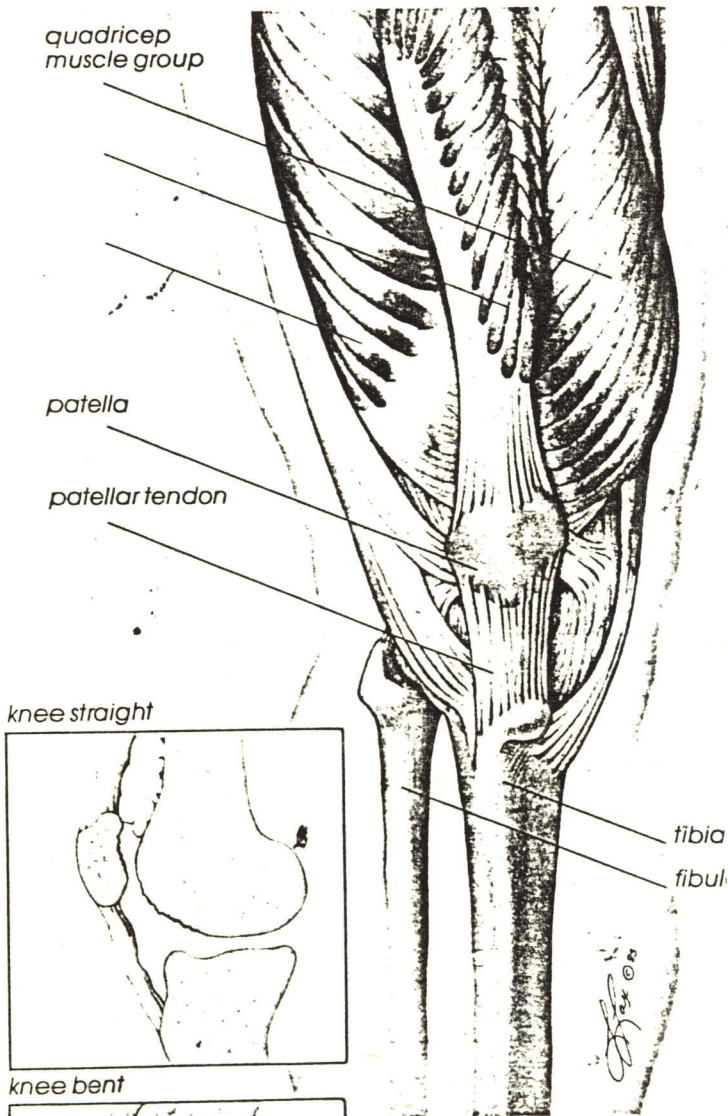
Brenda Tree noted that N.B. Tourism has contacted her for the club name which will be in the next N.B. Tourist guide.

Ed Takacs gave special thanks to Steve Scott as the Race Director and the Committee for the outstanding performance on the Fall Classic Race.

Meeting adjourned 9:30

Patellofemoral syndrome.

(Chondromalacia)



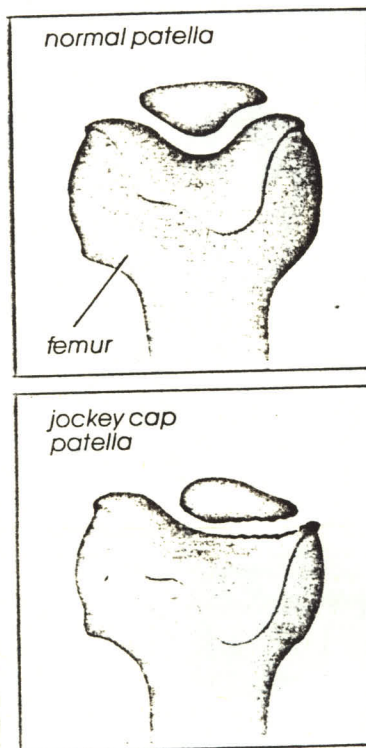
Injury description

Knee pain is one of the most common symptoms experienced by sports participants. Studies have shown that patellofemoral pain syndrome comprises up to 50% of overuse injuries. This syndrome is caused by an irritation of the undersurface of the patella (knee cap) which, in its normal state, is smooth. The irritation can lead to a roughening of the patella undersurface, a condition called chondromalacia.

The patella is a moving part. It glides up and down a groove in the femur (thigh bone). The pain is caused by pressure between the patella and the groove in the femur. As you bend your knee, you gradually increase the pressure between the patella and the femur.

The irritation and roughening of the patella causes an inflammation which causes the pain. Patellofemoral pain syndrome and chondromalacia are not arthritis. Children and adolescents almost always grow out of this problem.

Presdisposing factors



1. When the patella is not symmetrical in the femoral groove, there is an imbalance resulting in wear and tear. An unsymmetrical knee cap is called a "jockey cap" patella. This condition can be identified on x-rays.
2. Overuse (especially downhill running)
3. Wide hips
4. Knock knees
5. Tibial torsion (rotation of lower leg)
6. Flat (pronated) feet

7. Weak inner thigh muscles
8. Previous injury to the knee

Treatment

This is based on two principles,

1. Reducing the inflammation
2. Improving the dynamics of the patella-femoral relationship

REST

When the knee is painful and swollen, you must rest it. Pain is your guide. You are aggravating the condition if you continue activities while experiencing pain. Mild discomfort or ache is not a problem but definite pain is cause for concern.

ICE

Apply an ice pack (frozen peas) to your knee for 15 minutes twice daily and after any sporting activities. This reduces inflammation and pain.

MEDICATION

Your doctor may prescribe anti-inflammatory pills to reduce the inflammation. This can be very important.

PHYSIOTHERAPY

a) Various techniques to reduce the inflammation.

b) Exercises can be used to stretch and strengthen the thigh muscles. These muscles control the patella in the groove. When thigh muscles are strong, the patella will move through the groove with less pressure.

SURGERY

In some cases surgery may be indicated. This is in the form of an arthroscopic examination (a look with a light). In rare cases repositioning of the patella is required.

Adjustments

- 1) Your doctor may prescribe a brace or support. It is designed to help keep the patella in the track or groove.
- 2) The structure of your foot may also alter the patella-femoral relationship. Your doctor may prescribe specific shoes or occasionally orthotics (shoe inserts) to help your problem. New materials (Sorbothane, Spenco) have been designed to fit into your shoe to help absorb the impact as your foot hits the ground. These are available at medical supply and running shoe stores.

Sports

There is very little pressure between the patella and the femur when the leg is straight or only slightly bent. The best activities are ones that limit the knee to a range between 135 degrees ($\frac{1}{4}$ squat) and 180 degrees (straight).

Good sports

These sports will be easiest on the knee:

1. *Swimming (flutter kick, knees straight)*
2. *Slow jogging, walking*
3. *Skating*
4. *Cross-country skiing*

Questionable sports

These sports can be performed by some, but could cause problems to others.

1. *Cycling (seat high and avoid hills)*
2. *Soccer*
3. *Baseball*
4. *Hockey*
5. *Skiing (downhill)*
6. *Tennis*

Bad sports

These sports are hard on the knees as they include deep knee bends. These sports are most likely to aggravate your condition.

1. *Volleyball*
2. *Basketball*
3. *Running (sprints, downhill)*
4. *Football*
5. *Racquetball*
6. *Squash*

Use your judgment. When your knees hurt, avoid all but the good sports. Total rest may be required. When your knees get better after treatment, you should be able to enjoy all sports.

Exercises

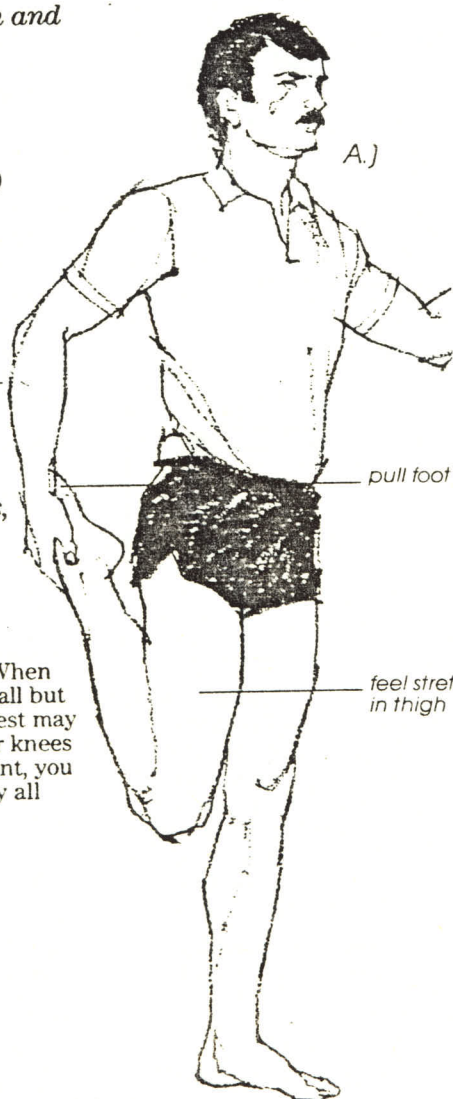
Exercising will build up the muscles that control your kneecap. Do them daily, as they can definitely help improve your condition.

Stretches

Always stretch slowly without bouncing, until you feel your muscles stretch. You shouldn't feel pain.

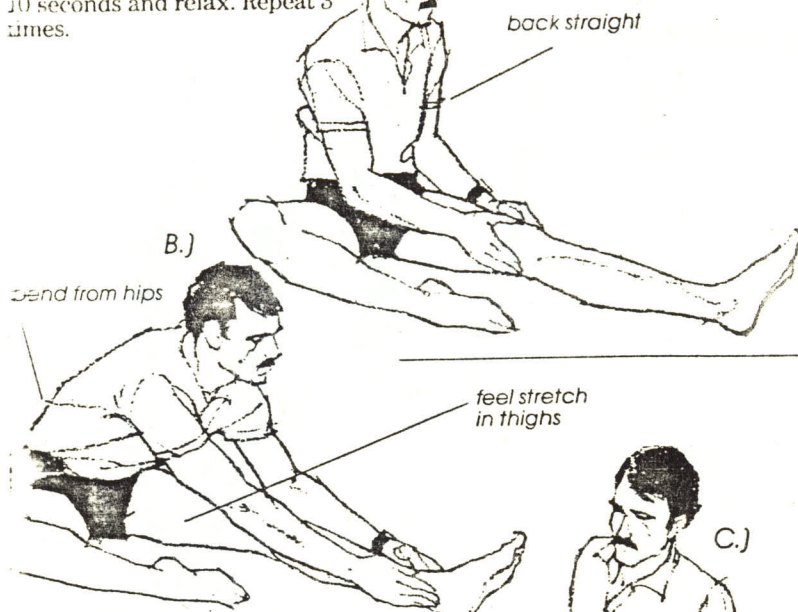
SINGLE QUADRICEP STRETCH

A.) Standing with back straight pull your foot back until you feel your thigh muscle stretch. Push down and back with your knee. Hold 15 seconds and relax. Repeat 3 times. If this stretch causes pain, discontinue.



HAMSTRING STRETCH

B.) Sit on the floor with injured leg straight, knee locked and other leg bent in. With back straight, bend from hips and reach down over leg until you feel muscles stretch. Hold 10 seconds and relax. Repeat 3 times.

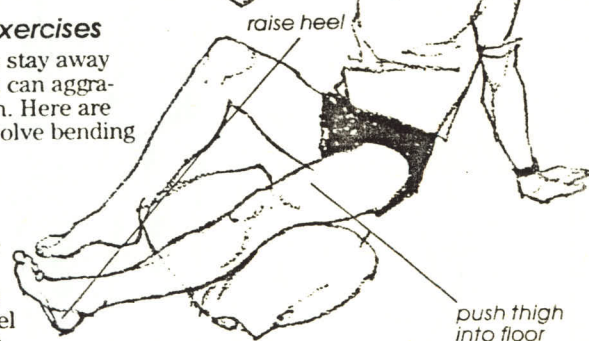


Strengthening exercises

It is important to stay away from exercises that can aggravate your condition. Here are two that do not involve bending the knee.

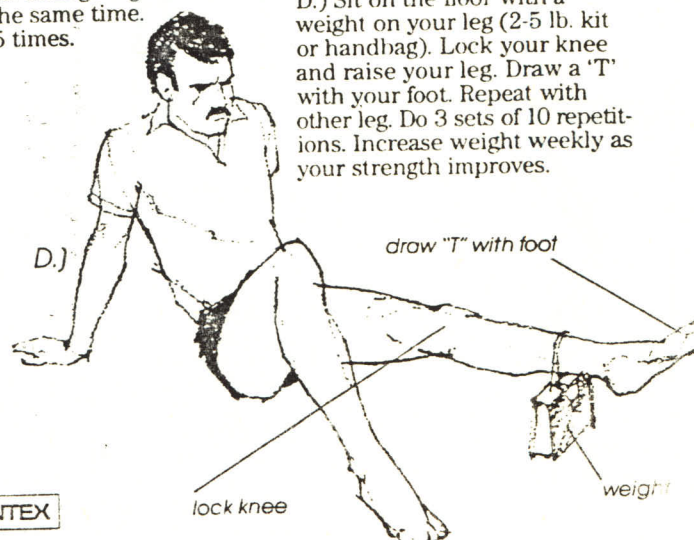
STATIC QUADS

C.) Sit on the floor with pillows under your knee. Push your thigh into the floor, raise your heel and bend your foot back towards you and hold 15 seconds. Change legs or do both at the same time. Repeat 15 times.



'T' EXERCISE

D.) Sit on the floor with a weight on your leg (2-5 lb. kit or handbag). Lock your knee and raise your leg. Draw a 'T' with your foot. Repeat with other leg. Do 3 sets of 10 repetitions. Increase weight weekly as your strength improves.



SHORTS AND SINGLETS

A few of the ladies are running on Wednesday nights at 5:15 now that the Fun Runs have switched back to Sundays---- guess we miss those mid week outings. We are running three to five miles starting at Edna's, 206 Argyle Stree. Anyone interested can call Edna 454-1721 or Flo 454-6073 if you want to come along or just drop by. Please note- the runs are the UNB route or parts thereof- and remember, they are going to be very slow- 9 to 10 minute pacw. After the runs, we are planning to go to the Chestnut for \$1 burgers. Come one, come all. Even if you don't want to run, meet us at the NUT and have some of the best burgers in town.

To go along with this I believe that some of the males of the club are also running on the Wednesday nights and going for the burgers afterwards. For more info for the men you could call Dick Mawhinney 454-1721.

Did you know that in Moscow it is now illegal to have the funruns on the streets? The running club there that is made up with embassy personel was told it now has to hold their runs on a track or some such facility. Perhaps they don't want their citizens to see how much fun running can be. The name of the running club is the Hash House Harriers. Maybe we could invite them to our next race?

Wasn't the coverage of the New York City Marathon great? It did my heart good to see the winner walking some. And it sure was nice seeing an "unknown" and a runner "not world class" win. Maybe theres hope for some of us unknowns yet.

Some of you who get THE CANADIAN RUNNER may have read the 2 part article on George Gallant. You may recall that we did it first, having a profile on him this year. George's times were unbelievable for the year they were achieved; in fact for any year. Most of us know George as a very nice, friendly fellow and most of dream of the day when we can catch that 55 year old man.

The executive would like to remind you that the voting of a new executive will be held in the near future and we would like some input from you. As in, nominations and suggestions.

AND THEIR OFF

Race Results

WOMEN'S ONLY RACE FREDERICTON Oct. 20

2 mile event

17 Edna Harris 18:42
 29 Allison Webster 25:11
 30 Jessica Webster 26:27
 31 Eleanor Webster 26:28
 32 Suzanne Webster 26:29
 34 Mary Robinson 29:29

10 km. event

20 Brenda Tree 48:32
 25 Flo LeDrew 50:07 1st age group
 28 Nancy Rearick 52:54 2nd age group

SAINT JOHN Nov. 3rd

4km. event

1st Scott Hare 13:21
 12 Martin Grosweiner 20:28
 24 2nd walker Jason Tree

15 km. event

3. Bill LeDrew 54:21
 8 George Hubbard 56:57
 9 James Tucker 57:06 2nd Master
 14 Larry Robinson 58:23
 29 Steve Scott 62:50
 42 Tim Maillet 67:09
 43 Dick Mawhinney 67:10
 44 Dave Prebble 67:22
 70 Brenda Tree 74:16 2nd Female

 Recently while in Bangor I picked up a list of a few of the running shoes there and thought you might like it. This is a sporting goods store in the Bangor Mall called The Foot Locker

Tiger Alliance \$59.99
 Tiger Extender \$42.99
 Nike Equinox \$69.99
 Nike Epic 89.99
 Nike Pegasus 49.99
 Nike Equator 59.99
 Nike Terra Trainer 59.99
 Saucony Jazz Plus 52.99
 Saucony Dixon Trainer 64.99

Member Profile ... by Mary Robinson

Being a newcomer to the club, I've yet to meet a lot of our fellow members. Reading member profiles in our newsletter is a great way of getting to know you. It's interesting to read of your introductions to running, and how you've progressed. Being relatively new to running, I'm more on the receiving line of ways and ideas to improve, than offering advice. Hence, the newsletter provides some good information. Following is a profile of my 'lowly' beginnings.

I started running in June, 1983. It was mostly motivation from my husband, Larry, that got me started. I still had a few pounds to lose after the birth of our second child and no amount of 'willpower' seemed to get rid of them. So I decided to give running a try. I'd get up at 6:30 A.M. and go for a run. Heaven forbid someone should see me plodding along gasping for air! I couldn't get through one mile without a 'few' walking breaks. Gradually, as the weeks went by, I began to improve and by September, 1983, I had worked up to 3.4 miles, with no walking breaks. It took me 30-31 minutes to cover that distance. Certainly no fast feat, but I was content with my 'steady' pace. After all, I never considered myself athletic, so I felt I was really accomplishing something. In October, 1983, I entered my first race, hosted by the Capital City Roadrunners. It was the five mile road race for women. I was nervous just thinking of competing with others, all of whom I imagined were better and faster than I. I set no goals or time limits, as I really didn't know what to expect, never having run five miles before. I worried about not being able to finish, or worse yet, coming in last. We started lining up ... then we were off ... what a terrible feeling I had when everyone surged to the front, and I was left plodding along by myself. I didn't dare look behind me, for fear of seeing no one there. At the halfway point, Larry shouted, 'Pick up the pace.' I gasped back, 'I can't, this is hard work.' I kept on going and without my realizing it, I had picked up the pace a bit, as I finished the last half slightly faster than the first. My time was 41:11, and I didn't finish last! I really felt proud of myself! In January, 1984, my running was temporary ended until September, 1984, when new 'baby Robinson' was

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due to arrive. Now that 'baby Steve' is here, all 6 lbs. 14 ozs. of him, I'm ready to get back to running. I anticipated great agony at getting started. I hated the thought of starting from scratch and working my way up to my previous level of running. Larry suggested I walk for a couple of weeks before running, which turned out to be pretty good advice. I walked a brisk $\frac{1}{2}$ hour every day for two weeks. In October, I entered the Capital City Roadrunners race for women. I walked the 2 Km portion in 29:07. I felt good to be out there walking, but envied the runners who all surged ahead, and left me behind at the tail end, again! But my day would come ... Monday, Oct. 29, 1984, the big day of my first run! Dressed in my new running outfit and sneakers, I headed for the roads at 7 A.M. This time I didn't care who saw me plodding along and gasping for air. To be out running again felt wonderful. I covered 2.7 miles, interspaced with four walking breaks, in 30:14. Each day I tried running more and walking less, and a week and a half later, I reached my first goal, running the entire 2.7 miles in a time of 28:10. My next goal is to continue running the same distance, but improve my time. And a future goal is to run a 10 Km in 50 mins. I may have had to be motivated to start running way back in June, 1983, but it was all my own motivation that got me back out there now. I enjoy my 7 A.M. runs, the solitude and sound of my footsteps hitting the road, the sun shining on frost covered ground, the great sense of accomplishment I feel when I get home, not to mention the physical aspects as well. It would be nice to have the companionship of another runner, but I've yet to come across another early bird. All I have for company are the disbelieving stares from people driving by, and my own thoughts reflecting on my run.

In closing, I would like to say what a great newsletter you put out each month. Keep up the good work!!

Yours in running,

Mary L. Robinson