

## CAPITAL CITY ROAD RUNNERS

FREDERICTON, N. B.

## FOOTNOTES

CO_CHAIRMEN	Paul Lavoie	454-7520
	Dick Mawhinney	454-1721
REGISTRAR	Wendy Beggs	454-6875
SECRETARY	Ed Takacs	454-8567
TREASURER	Dave Prebble	455-1450
FUNRUN COMMITTEE	John Mercer	455-1880
	Steve Scott	454-1714
Footnote's EDITORS	Brenda Tree	454-6202
	David Tree	454-6202

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## FROM THE EDITORS

First of all welcome to all the new members.

In this issue you will find a copy of the constitution for our running club. Read it over and please bring it with you to the Feb. General Meeting where we will discuss it and also vote on it.

This newsletter contains some contributions from some of the members and we wish to thank you all. We hope all of you will help us write the future issues. Shiela and Tim Andrew sent us a copy of a song they sang to the Gilbert and Sullivan society about running and I am sure you will all find it amusing. Perhaps we can get them to sing it for us at a future meeting.

A new column will be added to the newsletter and it will include short points of interest and any personals you might like to say. I do hope you will call with your own little tidbits. This article will be called "SHORTS AND SINGLETS".

As we move on with our Profiles you will see this month the one about Joe McGuire. It was so well written and informative that we have put it right in in the way it was written to us.

On Jan. 17 we had a beginner's running clinic with a movie and the guest speaker of Mel Keeling. It was very informative and we all seemed to enjoy ourselves. We even had a display of new running gear lent to us from Neill's downtown.

*Brenda Tree & David Tree*

## SHORTS AND SINGLETS

Rumor has it that Dave Prebble has begun to run and the memorable date was on Jan. 8th.

There is a race in New Maryland on Jan. 28th beginning at noon. The entry fee is \$4. There are awards and a lunch with the usual age categories plus a jogger award, a walker award and a middle of the pack award. Incidentally this race is organized by Paul Lavoie and is a Capital City Road Runners affair.

There is also a race in Dieppe on Feb. 11th and is part of the Dieppe Winter Carnival. Registration is at the Mathew Martin High School from 9:30 to 10:45 with the race beginning at 11A.M. It is a 5 mile race and has medals, prizes and plaques.

About the New Maryland race it is 4 miles long and registration is at the New Maryland Rec. Center.

Apparently the 10 km. race scheduled for Moncton on Jan. 29 is cancelled.

Brenda Tree runs every week day at 9 A.M. and any interested persons can call and run with her.

Some of "the boys" run a long route on Saturdays. It ranges from 10 to 15 miles. For more info you can contact Steve Scott or Dick Mawhinney.

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I thought it might be interesting to calculate some of our mileages for 1983 so I contacted as many as I could. Just think if we got 30 miles per gallon and gas cost \$2 per how much money we all saved in 1983?

Steve Scott 1720  
John Cathcart 3480  
Bill LeDrew 1930  
Brenda Tree 1027  
David Tree 2029  
Flo LeDrew 598  
Dick Mawhinney 1079  
Edna Harris 550  
Crys Nash 410½  
Dave Wallace 1280  
Wendy Beggs 755  
Pat Beggs 600½  
John Mercer 1573  
Roly McSorley 3695  
Tim Andrew 880  
Sheila Andrew 1200

To all of these people and to all the ones I didn't get a hold of GOOD WORK !



151 St. John Street  
Woodstock, NB  
E0J 2B0  
1983 11 28

Dear Brenda:

I would be more than happy to give you and your association any information you might wish for your newsletter. Feel free to use any of the general information for your newsletter.

On December 26, 1983 I will be 40 years old and am looking forward to competing in the master's class. For the past 17 years I have been a highschool teacher, 16 of them in my hometown of Woodstock. I enjoy my job and it has given me plenty of time to enjoy my "hobby" running.

I have been running competitively for the past 5 years and have achieved many benefits from it. Like all runners, the physical and psychological benefits are the most important to me. I have met many fellow runners which I would not have met otherwise and to me are the most congenial people in the world.

I started running to lose weight and keep in shape. (I went from 165 - 130 lbs.) and a pulse rate of 72 to 48. Because of running I have travelled to Winnipeg, Boston three times, Quebec City and New York, plus many points in New Brunswick and Maine.

To me, running is a pure sport in which you compete against yourself and no one else. Everyone who finishes a race is a winner and the degree of satisfaction for the 1st or 101st finisher is the same. (what other sport can this occur?) My concern at the beginning of a race is to finish it and where I place is secondary to me, as long as I maintain or improve on my time.

During the past year, my greatest satisfaction and a benefit to my running has been the consistency of the races and training that my wife, Ginette has accomplished. She has participated in almost every race that I have. My two boys run occasionally and it is entirely up to them, whether they want to.

Continued . . . .

Brenda

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1983 11 28

From my running, the obvious satisfaction for this year has been to win the Labatt's Series. (Since this series has been operating (4 years, I think) I have come second and this was my last year in the open class to have a chance to win it and fortunately I was able to win it.

My most enjoyable run this year was the New York Marathon. (I went to see the city, which I did). In New Brunswick, I enjoyed most races, with the exception of the Oromocto Marathon. Like myself, I believe most runners enjoy road races that are well organized and in the past years there has been a tremendous increase in the number and quality of races.

My training is simply running 5-6 days a week somewhere between 40-60 miles a week. Four days a week, I run during my noon hour which is 45 minutes in length, so I run 7 miles a day. Usually I take Thursday off and sometimes Saturday and run seven or eleven miles on Sunday. I don't warm up or cool down and all my runs (by myself are 6 minutes a mile). Two or three times a week I run with my wife. Due to soccer and basketball coaching, I am not able to run as often as I would like with my wife and also my total mileage is reduced. My mileage is not a concern to me and if I miss a few days, it is not a factor. To me running should be something you want to do at any time and should not regulate your daily routine. I tried interval running and hill running and long runs (20 miles or better and found I didn't like it so I don't do it. I eat anything (within reason) and don't follow any diet.

Next year I am looking forward to running in the "old" category and plan to run more races in Maine since I am a member of the Caribou running club and there is less travel. I hope to run Boston and New York in 84 as well as the 20 km national and 10 km and 20km road races in N. B. Some times that I ran in 1983.

5 km	15 mins.	46 secs.	Presque Isle Maine
10 km	31 mins.	57 secs.	Shippagan, N. B.
20 km	66 mins.	45 secs.	Riverview, N. B.
1/2 Marathon	71 mins.	14 secs.	N. B. Heart Marathon
1983 Marathon	2 hours	22 mins.	50 secs. Atlantic Autumn

\*Not official length about 1.5 miles short.

Continued . . . .



(5)

Brenda

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1983 11 28

1982	Boston Marathon	2:35		Placed 295th
1983	Boston Marathon	<b>2</b> hours	34 mins.	Placed 465th
1983	New York Marathon	2 hours	34 mins.	Placed 311th

Yours in Sport,



Joe McQuire

On behalf of the 35 Capital City Roadrunners who attended, I would like to take this opportunity to thank Tony Little and his organizers for the nice Christmas Party.

Although this party was not rehearsed, most people managed to make a fool of themselves once or twice throughout the evening.

The success of this First Annual Christmas party again shows the amicable and social aspects of our club. I am sure all present had a very good time. The number of late stayers is always indicative of a good time - we certainly excelled in this area.

The highlight of the evening was of course the appearance of a bottle of "10 Year Old" Rouge Chamblais from the wine cellar of Sir Anthony of the Little Family. Pat Beggs, our wine expert, noted the elegant bouquet of this fine wine, including the "fine" sediment in the bottom. According to Mr. Beggs, this vintage must have been exceptional as a second bottle was soon produced.

The quote of the evening -- "I got her drunked up, now somebody else has got to dance with her". Will probably be recinded by a New Year's Resolution.

This Christmas Party again shows the high spirits exhibited by a fun bunch of runners. To all those who couldn't make it, we hope to see you at our next social function to be announced at a later date.



## AN INFORMAL GUIDE TO BEGINNING RUNNING OR JOGGING

by Steve Scott

Assuming you are in relatively good health and have never jogged before, go to your Doctor and get him to check out the basics for you. If your health has not been good and/or you are overweight go to your Doctor as well. Probably you can work out some kind of deal with him to get you started. The second step you should take before actually beginning to jog is to find someone to jog with (try to find someone near your own ability). You need each other for encouragement if for nothing else. If you can't find a suitable sucker(er person) then check out your local YMCA or local running club (namely us).

Thirdly, you require adequate footwear. No high-top sneakers, tennis shoes, rubber boots, raquetball sneakers or pumps. What you must have is a pair of quality running shoes. They will set you back between \$30-\$60. Don't spend much more than \$60 on a pair at first, just in case you're not cut out for running. Running shoes come in all shapes colors, sizes, and prices. So tell the salesman what you plan to do and don't let him browbeat you into an expensive pair. Some wellknown footwear brands available in the area are: NIKE, BROOKS, ADIDAS, NEW BALANCE, PUMA, and PONY. Different runners will swear by different brands so buy what feels good to you for your own feet.

The other equipment you will require as a beginner jogger are: in summer, shorts t-shirt and socks; in winter, sweats, turtleneck sweater, long johns, mittens, toque, socks (heavy ones or 2 pair), a windbreaker, and sometimes a scarf. In winter it is important to dress in layers (two or three) to keep in your body heat. P.S. in cold weather always wear a hat (up to 70% of your body heat can be lost through the top of your head). For the other two seasons, various combinations of the above articles of clothing can be worn. Finally, before you begin a jogging program you should always warm up your body properly. Gentle stretching exercises are the most common form of warmup. Some authorities believe a brisk walk or slow jog should proceed any stretching exercises, however that is up to you to decide.

Now you are ready to begin your jogging program. Good luck.

Without making this too complicated, you now need a place to do your jogging. Ideally, the best place to run is on grass, gravelled roads, paths, and chipsealed pavement and lastly asphalt and concrete surfaces. The first two are the best to prevent injuries. Please note that chip seal, asphalt and concrete should be avoided as much as possible.

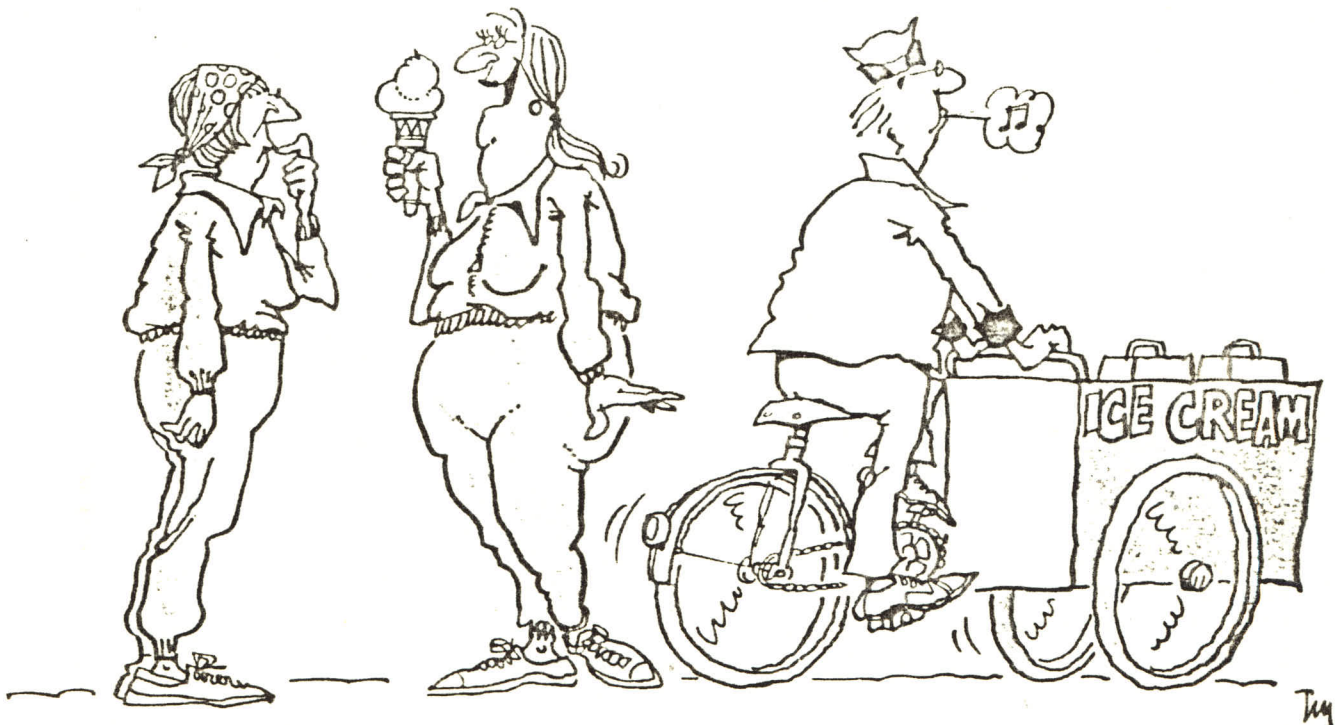
If you live in the downtown area or in a subdivision you have ready made routes which can be changed without much effort. Running along a major highway is not only dangerous but noisy and distracting.

Ordinarilly your first jogging route will probably not be any longer than a mile. A good way to begin is not to worry about how far you can

jog, but to invest in the vicinity of 30 minutes of your time warming up jogging and/or walking and cooling down. Three to four times a week is ideal to begin with until you get your cardiovascular system attuned to the work level you've chosen and also until you work out the minor aches and pains.

There are a number of rules of thumb that should be followed when beginning a program such as this from scratch:

1. Know your route and obey traffic rules
2. Start out slow, a mixture of jogging and walking may be best to begin with
3. Go with a friend, neighbor, boyfriend, girlfriend, husband, wife or whatever
4. If you can't carry on a conversation when running you are going too fast.



**"I can't understand it. I've been jogging for a month and haven't lost a single pound."**



Alternative Training Methods

If you are bored with conventional training and too self conscious for jazz dancing, consider joining the Fredericton Gilbert and Sullivan Society. The singing helps to develop your lungs; sometimes you dance at the same time as singing; and you can wear a costume that makes it quite impossible for anyone to identify you. Those members who take their training really seriously put full Victorian dress on top of their track suits on the evening of January 1st 1984 and joined the Bicentennial Parade. As a proper recognition of our athletic prowess, we were given Olympic torches to carry and the position of honour right behind the Premier and the Mayor. We sang seasonal songs all the way from City Hall to the Legislature. Probably encouraged by the music, the horses pulling the carriage of the Premier and the Mayor moved faster and faster. Paced by the horses, the singers had to move faster and faster. So our first race of the season took place in opera cloak and top hat, or in a crinoline, singing "Jingle Bells", and keeping a wary eye on the road for any tributes from the horses. This effectively prevents boredom.

If this form of training does not appeal to you, there is another alternative. This is what W. S. Gilbert might have written on success without effort if he had been giving advice on running in 1984 instead of on how to imitate Oscar Wilde in 1881:

If you're anxious for to shine in the new athletic line,  
 You need not join the "Y".  
 You don't have to start to run if you want to join the fun;  
 You only need stand by  
 In a tee-shirt bright and gay from a place that's far away

Where you never ran a race  
 While you talk about the tussles you've been having with your muscles  
 To achieve a faster pace.  
 And everyone will say, as they see you walk away,  
 If that young man can talk like that, he can certainly out run me  
 Oh what a very dedicated fit young man that fit young man must be.  
 -----  
 At your nearest sporting store, do not hover at the door,  
 But choose your clothes with care.  
 For the ultimate decision that protects you from derision  
 Is the garments that you wear  
 Before they can be worn, they must look a little torn  
 And it surely seems to me,  
 It is easier than training to put clothes out when it's raining  
 As you sit and watch T.V.  
 And everyone will say, as they see you walk away,  
 If that young man can look like that, he can certainly out run me  
 Oh what a very dedicated fit young man that fit young man must be.  
 -----  
 Now you really need not run when you hear the starter's gun.  
 For a race is much too far  
 You should warm up just before it and then totally ignore it  
 And go drinking in a bar,  
 When the time has come to finish, do not let your joy diminish  
 As your drink you swiftly drain,  
 There's no need to make a fuss, reach the finish by a bus  
 Or perhaps a subway train  
 And everyone will say, as you quietly walk away  
 If that young man doesn't even sweat, which is not the case with me,  
 Oh what a very dedicated fit young man that fit young man must be.

Happy New Year from Sheila and Tim Andrew.



## BOSTON FROM A SPECTATOR

by Brenda Tree

Last year we went to watch the Boston Marathon. It is definitely a runner's weekend in the coastal city.

The race itself is on the Monday (Columbus Day holiday in the U.S.). We arrived outside Boston on Sat. and came into the center of the city on Sun. Everything takes place at the Prudential Building; that is registration, the runner's expo, and the finish. On Sun. you can see runners of every description and wearing all kinds of team uniforms warming up all around The Pru.

We bought the Sunday paper which was a marathon paper that day. It weighed about 10 pounds and had the name and number of every runner officially entered plus predictions and pictures of previous marathons. The stores were selling T-shirts, hats, buttons, shorts, etc. with Boston Marathon 1983 on them. You can shop around as prices seemed to differ.

Also on that Sunday there is a 10 km. run in Boston and it went by very close to the Pru.

On the Saturday and Sunday there is a runner's expo at The Pru (of course). On arriving they were just putting up the bleachers all around the finish line and the excitement began to grow.

For a \$4 fee we went into the Runner's Expo. I believe there were about 250 businesses involved including all the running shoes, drinks, shorts, sweats, magazines, and equipment galore. We came away with 2 giant bags full of samples and magazines plus a few bargains. They also sell at the Expo; shorts, singlets, T-shirts, hats, buttons and so on.

After the Expo we went to our motel where we had reservations (A MUST). Our motel was in Newton and less than 1 mile from the subway stop. It is about \$35 U.S. and is in a motel chain. If anyone is interested we have the phone number. The reservations for rooms would be best made quite soon.

Monday arrived and we travelled by subway. We went by the finish 1 hour before the start of the race and it was near impossible to get nearer than 100 meters of the finish. We got on the subway and went to watch at Boston College at the downside of Heartbreak Hill or at the 21.5 mile mark.

It was one great big party. Approximately 100,000 people were watching in the hills. People were very friendly and fun loving. Barbeques were set up on the side of the road. Beer was drunk in the open. One couple even went by carrying champagne and champagne glasses. Police were around on horses and motorcycles but the crowds were very harmless.

Soon the wheelchair entrants went by (they began 15 minutes early) and you wouldn't want to step in front of them. They must have been going about 40 M.P.H. downhill. The first guy was flanked by 4 motorcycle police.

Now the tension was mounting. You could hear the helicopter which was following the lead runner. All of a sudden the crowd starts screaming and here he comes. Directly in front of him is a flat bed truck full of cameramen then again 4 police motorcycles around him.

Soon after comes number 2,3,4,5, and 6 men. We screamed at 6th position as it was Dave Edge from Canada. Bill Rodgers was 7th and the crowd responded to Boston's favourite runner.

All of a sudden the runners came in groups of 10, then 25 and then 100's. It was very hard to pick out the numbers but we were able to pick out all the N.B.'s by watching for their faces.

A very exciting part was when Joan Benoit went by and we knew she was at World Record pace.

One nice thing about the area we watched from was that an official clock was set up at the bottom of the hill. Another interesting point is the local radio stations cover it live and we had our Walkman with us so we knew who was leading.

After returning to our motel we watched it again especially the Finnish on almost every television station.

I hope this will help you folks who are going in April and especially you wives who will be watching.

\*\*\*\*\*

I found the Boston Marathon shopping list and I thought it might amuse some of you;

150,000 paper cups	40 2-way radios
5000 silver mylar blankets	7000 press passes
7 wheelchairs	10 blocks of ice
20 podiatrists	200 cots
50,000 portions of Gatoraid	10-15 buses
10 moving vans ( to bring back all the running bags from Hopkington)	500 sponges
20 press telephones	
a 900 line per minute barcode reading(to record finishers nos. and times	
7 computer video display terminals to record the order of Finnish	
13 nurses	12 M.D.s
18 medical assistants	100 liters of IV solution
2 laurel wreaths	2,000,000 spectators



## HEALTH SECTION

## THE BLISTER

Blisters are caused by hot spots from shoes that are too tight or too loose, dirty socks, rough spots in the threading of your shoes, running in thin soled shoes on hot pavement, holes or seams in your socks plus by many other things. The best way to prevent blisters is to prevent the friction that causes them.

Avoid shoes with improperly placed stitching and rough edges. If a good shoe does get a rough edge try softening it with Vaseline. You should never wear new shoes in a race or on a long run. Break in your shoes gradually because your feet must get used to each different pair of shoes.

Your socks should always be clean, dry, and snug-fitting. Wearing 2 pair of socks can sometimes cause problems with bunching and slipping especially if they get wet. This usually causes blisters.

If you do get blisters be careful. If you keep training hard on them they can only get worse and then you may be out of running for several days.

Small or painful blisters may be punctured to alleviate the pain. Be careful doing this! Be sure you use a sterilized needle and clean the area with antiseptic before and after the puncture. Band-aids may be used after for a day or two if they do not bother your feet further. To prevent infection be sure that all the fluid is out of the blister and no foreign matter remains. Also check the area each day and cleanse it frequently with soap and water and if it does look red put on more antiseptic.

I found some different suggestions in books from podiatrists and track trainers. Here they are: using Tinactin solution on any foot wounds, Zona for tape, paint blisters with tincture of Benzoin, covering blistered toes loosely with lamb's wool and lastly making a complete covering of affected toes with elastocrepe cutting it to just fit the toe. I might add that most of these suggestions are from books from the U.S. and I am not sure that all these things are available here. I do know that the tincture of Benzoin was used at the hospital for bedsores so it must be available here.

The main thing to note is that a blister should be treated immediately. Another problem is that when you run on a blister you may favor that foot and thus change your footstrike. This may cause a much more serious injury to the leg, knee, or back.

IN THE FAST LANE  
BY  
THE LOOSE SNEAKER

Welcome back. Hope you all fared well during the festive season munching on legs, thighs and breasts. That old turkey sure is good, along with the chocolates, cakes and pies.

I think every runner's New Year's Resolution is to run farther, run faster and lose 10 pounds before the end of January.

Word on the street is that the Christmas Party was a huge success with Tim Maillet introducing a new drink - gin and ginger ale - better patent that right away. Did anyone go to David Prebble's nude fun run on New Year's Day? I heard there was a big crowd on Queen Street awaiting the participants.

Hasn't the weather been great except for that one real cold week? Footing has been good, considering the time of year. Rumor has it that one of our comrades has fallen each and every time he (she) has gone for a jaunt. I guess you can't make those right-angled turns on the dead run. Slow down and stay up.

Hey, Let's be careful of icicles and snow falling from roof tops.

Until next month, "GOOD RUNNING!!!!!!!!!"



# CAPITAL CITY ROAD RUNNERS

## DRAFT CONSTITUTION

### ARTICLE 1

- A. The name of the club is the Capital City Road Runners (CCRR)
- B. The club shall be affiliated with the New Brunswick Track and Field Association.

### ARTICLE 2

The purpose of the club is:

To promote and encourage roadrunning as a means to better health and as a positive social activity.

### ARTICLE 3

The general objectives of the club are:

- A. To build a membership of individuals and families of all age groups.
- B. To disseminate information about running.
- C. To promote social activities among the members.

### ARTICLE 4

The specific objectives of the club are:

- A. To hold at least one fun run per week.
- B. To host at least one road race per year.
- C. To develop and improve all aspects of roadrunning through seminars, speakers and participation in road races.
- C. To improve communication and ensure good public relations between the club membership and the general public.

PROVIDED that if for any reason the operations of the club are terminated, wound up or dissolved and after satisfaction of all its debts and liabilities, there remains any property whatsoever, the same shall be handed over to another organization in Canada having similar objectives to the CCRR.

### BY-LAW 1 - MEMBERSHIP

- 1.1 Membership in the CCRR shall consist of three categories: Adult, Family and youth (under 15).
- 1.2 Membership shall run for the calendar year.
- 1.3 Fees shall be established by the executive.
- 1.4 Members shall receive a membership card, a copy of the Constitution and the newsletter whenever published.

### BY-LAW 2 - EXECUTIVE

- 2.1 The elected officers of the club shall be the president, the secretary, the vice-president, the treasurer/registrar and the officer at large.
- 2.2 The officer at large is normally the past president. When the past president is unable to fill the position, the officer at large will be elected.
- 2.3 The executive shall be elected at the annual meeting.
- 2.4 The members of the executive shall hold office for one year until their successors are elected or appointed in their stead but all elected officers may stand for re-election.



2.5 Should an executive position become vacant during the year, the executive will appoint a member to serve the balance of the term.

BY-LAW 3 - DUTIES OF THE OFFICERS

- 3.1 The president shall be the chief executive officer of the club and shall preside at all meetings of the club. The president shall see that all orders and resolutions of the executive are executed. The president, with the secretary or other officer appointed by the executive for the purpose, shall sign all documents requiring the signatures of the officers of the club.
- 3.2 The vice-president, in the absence ~~of the~~ or disability of the president, shall perform the duties and exercise the powers of the president.
- 3.3 The treasurer/registrar shall be responsible for the club's funds and securities and shall keep full and accurate accounts of receipts and disbursements in books belonging to the club and shall deposit all monies in the name and to the credit of the club in such ~~depos~~ depositories as may be designated by the executive. The treasurer/registrar shall disburse the funds of the club at the discretion of the executive, taking proper vouchers for such disbursements and shall make financial reports to the executive and to the members at each general meeting. All cheques against the account of the club shall be signed by the treasurer/registrar and another member of the executive to be designated by the executive. The treasurer/registrar shall keep an up-to-date record of members' names, addresses and telephone numbers, reporting any changes to the newsletter editor and the member responsible for the telephone committee.
- 3.4 The secretary shall attend all meetings of the executive and the general meetings and record the minutes and all votes of all proceedings in the books to be kept for that purpose. The secretary shall also attend to correspondence of a general nature.
- 3.5 The officer at large shall be a voting member of the executive.

BY-LAW 4 - MEETINGS

- 4.1 The annual meeting of the club shall be held in Fredericton before the end of February.
- 4.2 General meetings shall be held at least every two months.
- 4.3 At all meetings of the club, every question shall be determined by a majority of votes cast by members present.
- 4.4 All executive officers shall be elected at the annual general meeting
- 4.5 The president, or in the absence of the president, the vice-president shall preside at any meeting.
- 4.6 The order of business at general meetings shall be:
  1. Minutes of previous meeting.
  2. Business arising from the minutes.
  3. Treasurer's report.
  4. Committee reports.
  5. New business.
  6. Program (if any)
  7. Adjournment.

BY-LAW <sup>5</sup>~~4~~ - COMMITTEES

- ~~4.~~ <sup>5</sup> §.1 It is the responsibility of the executive to appoint such committees as are deemed necessary.

BY-LAW 6 - EXPENDITURES

6.1 All expenditures of club funds must be approved by the executive.

BY-LAW 7 - USE OF CLUB NAME AND LOGO

7.1 Any use of club name and logo must be approved by the executive.

BY-LAW 8 - AMENDMENTS

8.1 The constitution and by-laws of the club may be repealed or amended at any general meeting, provided written notice has been given to members in at least one edition of the newsletter. Such notice of motion must be in the hands of the newsletter editor at least 21 days prior to the meeting. Such amendment requires a two-thirds majority vote of members present to be sanctioned.

