

CAPITAL CITY ROAD RUNNERS

FREDERICTON, N. B.

FOOTNOTES

THE EXECUTIVE:

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FROM THE EDITORS

In this issue you may notice a few changes. First, there is a profile on Bill Best. There will hopefully be 3 more of these in the future. Last month there was an article on Jacqueline Garreau who will probably be representing Canada in the Olympics. We will try to write on some of the other Canadian hopefuls.

The newsletters will now be monthly and we will be passing them out at the Fun Runs. If you aren't at the particular Fun Run it will be hand delivered or mailed to you on the Monday.

We will continue to be the club's statisticians and during the coming year we would appreciate your help. If you run in a race please give us your results- time and position. If we aren't at the race please give us a call with the info. These are nice to put in the newsletter and we all like to know what our members are doing.

There will be no race results this month as there were no races.

We are also starting a "medical section" including things concerning running injuries. These articles will be taken from various magazines and books.

One last note is; Please do not forget to reregister for 1984. This will be the last newsletters delivered to members who have let their memberships lapse.

Our best to you all,

Brenda Tree & David Tree

An interesting idea I saw in an article the other day that we may not all think of. It said: if running in winter always start your run facing the wind. If you do this you will probably turn around before you are too tired. Also on your return trip, when you are tired, the wind might help with a bit of a push.

Want to run into the Guiness Book of Records? World records are getting hard to come by. The standard distances are all taken and I don't think any of us are ready to break Salazar's or Benoit's records. Ultra distances are certainly not easy pickings either. Probably the easiest way to achieve, however temporary, immortality is by running backwards. Few serious attempts have been made to run any substantial distance backwards. A Paul Wilson of New Zealand has sprinted 100 yards backwards in 13.2 seconds. The longer distances are mostly up for grabs. Maybe we should practise by running our next Fun Run backwards?

STOP THE PRESSES

NO MORE FEVERS?

Here is another possible benefit from running. Have you ever wondered why you seem to get sick less, especially with a fever, while you are running?

Physiologists from the University of Michigan Medical School believe they have the answer. When you are warmed up, you are hot, and when you are hot, you are in a fever. A runner's body temperature rises an average of 4 degrees (F) during a hard workout, and the rise in temperature can last for several hours afterwards. The research shows that the "runner's fever" is caused by the release of a small protein called pyrogen. Pyrogen plays a critical part in the body's immune system. The net result for the runner may be improved health and increased immunity to disease. The high level of pyrogen production beefs up the body's immune system.

All in all we runner's in the future may be able to sell our blood to be used like Aspirin.

STOP THE PRESSES

We have received an anonymous column in our mail box this week. A mystery unfolds itself. Can you guess where it comes from? Will we get another?

You will find this interesting artical on the last page of this issue.

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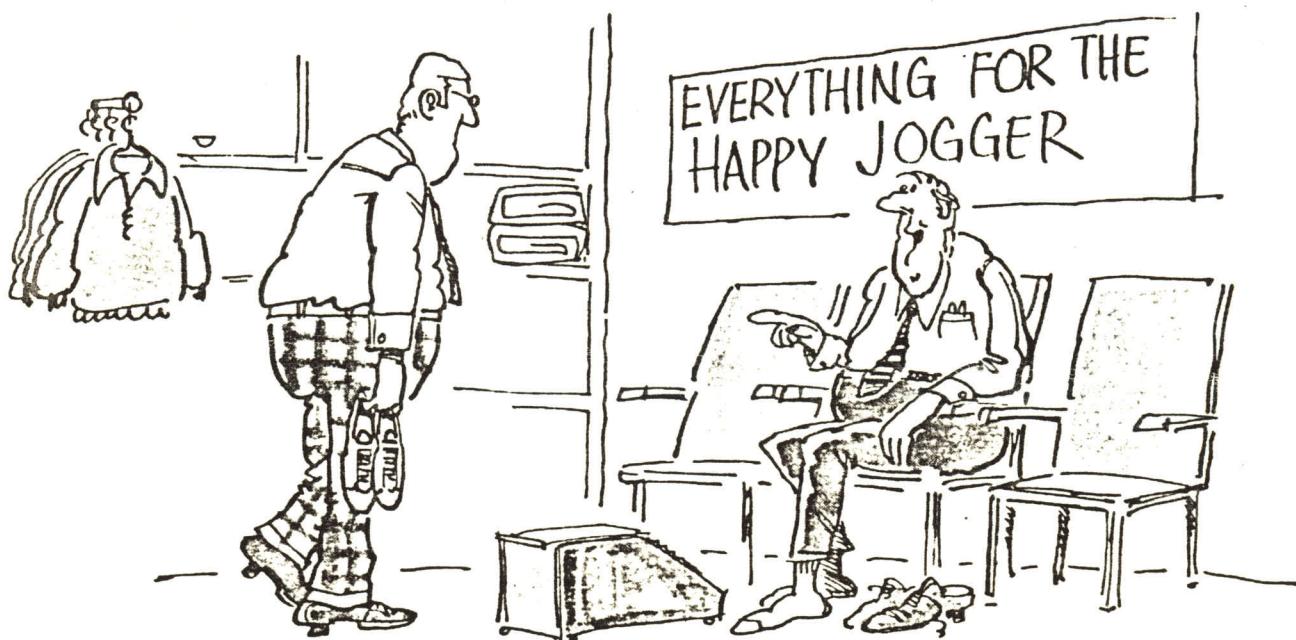
TEST OF STAMINA

I found this interesting test in a fitness text and I thought some of you might like to try it. It is a test of stamina and all-around fitness.

The test gauges oxygen use by indicating how much your heart-beat slows down after it has been forced to speed up. A quick recovery toward a slow heartbeat is considered a sign of fitness by physiologists.

All the equipment you need is a stopwatch and a step or platform. To take the test, you must step on and off the step for 3 minutes, doing 72 steps in that time. Then you stop and rest for 30 seconds. Take your pulse for 30 seconds now and compare it with the chart below.

FITNESS	AGE 20-29		Age 30-39		AGE 40-49		50 and over	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
EXCELLENT	37 and less	43 and less	39 and less	43 and less	40 and less	44 and less	41 and less	45 and less
GOOD	38-42	44-46	40-43	44-47	41-44	45-47	42-45	46-49
FAIR	43-50	47-55	44-50	48-56	45-52	48-57	46-52	50-58
POOR	51 & up	56 & up	51 & over	57 & over	53 & over	58 & over	53 & over	59 & up



“... and I'd like to see a pair of shin splints.”

UP HILL RUNNING

taken from "RUNNER'S WORLD"

-Bend forward at the waist (this will make you shorten your stride) this will force your knees to move forward rather than vertically.

-With a shorter stride you do not extend your leading leg fully or straighten the front knee. Also you should lean so that your head remains directly over the front foot, thereby keeping your center of gravity balanced.

-As well an exaggerated arm action is necessary when running uphill. Drive the leading arm across the chest while the back arm moves back to form a right angle parallel with the shoulder.

-Keep your hands loosely cupped, not clenched. Staying relaxed is important in hill running.

-Also when running uphill drive or push hard with your toes and notice how flat your foot plant is before you push again.

-Keep your eyes focussed 9 to 16 meters ahead of you. Don't look too far up the grade, you may become discouraged.

-Keep your feet flat to avoid bouncing.

PROFILE

BILL BEST

Bill, as we know, won the over 40 category in the Labatt's Series. It was not a surprise to most of us as Bill's reputation as a runner is a good one.

I wrote to Bill about this interview and he was very helpful if a little modest. Here is what I learned about one of N.B.'s premiere runners:

AGE: 45 born July 11, 1940

OCCUPATION: self-employed truck driver for N.B. coal

RUNNING HISTORY: began running at age 15 until age 30. From 30-39 did not run at all even jog. 3 years ago he began to run again.

TRAINING: 40-50 miles per week and sometimes up to 60 miles. Speed work 2 days per week (Tues. and Thurs.). He runs 6 days per week.

BEST TIMES:

10 km. - 34:57 in July /83 in Shippagan

Marathon: 2:39:35 in Oromocto this Oct.

8 miles: 45:37 in Saint John

1 mile 4:28 in Fredericton and

4:37 in Chatam both this year

I am sure we are all impressed with Bill and his performances and we all wish him continued success in the years to follow.

NOVEMBER'S GENERAL MEETING

We had a general meeting on Nov. 23rd with a Chiropractor as a guest speaker. His name is Dr. Johnson and he has an office in the North side of Fredericton.

We were shown an informative film dealing with what a Chiropractor is and what he does. I was surprised to learn that they have the equivalent to 5 years of university after going to university for 2 years in a Biology program. After the film we had a question and answer period. Those of us who were there, I am sure found him a good guest speaker and he answered very well the questions we threw at him.

After Dr. Johnson spoke, George Hubbard spoke to us about the Heart Marathon. A few changes are being made; the main difference being the start and finish. START- at Queen Square going down Church St. to Brunswick St. turning rt. to Waterloo Row and continuing on as last year FINISH- coming back along Waterloo Row but turning left on Shore St. then right on University Ave., left on Charlotte St. and finally left on Church St.

The route may seem complicated but if you will just look at a map you will see it isn't that bad. Queen Square is a much better place for several reasons; better parking, a playground for waiting kids, less traffic, and much closer to UNB for the showeres and changing facilities.

The race fee will again be \$10 pre entry and \$12 post. It is encouraged to get sponsors as that is what the race is all about. The date is April 8th starting at 12 o'clock noon. George seems to be well organized at this early date. We, at the meeting offered our sugaestions and I am sure George will welcome any you might have.

For your own information the Heart Marathon last year raised \$12,576 for the Heart Foundation.

I have a few more notes:

1. Rosaire LeBlanc attended the last NBTFA meeting in Nov. and he sent me some notes. They said some nice things about the CCRR saying we had some good ideas. WE ARE LOVED.
2. Our Christmas party was well attended and I will write an article about it in the next issue. We want to thank Tony Little whole/heartedly for his hospitality.
3. Our Fun RUNs are well attended but I want to remind people that the pace has slowed down considerably.
4. Dick Mawhinney says there are T shirts available in all sizes.
5. We are going to have a new members night in Jan. (possibly 12th) with films and maybe a runner's expo.

Date Started: _____

OFFICIAL LOG SHEET

Personal Statistics

Goals for Year _____

Races and Personal Bests

SURVEY

I did an informal survey recently regarding the benefits of running besides the physical ones. The questions I asked were; What is the nicest thing you found while running and what is the weirdest or funniest thing you've seen or found? Here are some of the results:

WEIRDEST OR FUNNIEST

1. P.J.Meagher
2. A guy in an 8 mile race wearing a 10lb. pack
3. A marathon runner drinking beer at the 1/2 way mark and getting his award while smoking a cigarette
4. In the woodlot a large black bear and one long green snake
5. In Halifax female frosh selling kisses or toilet paper for 25¢
6. High-topped sneakers in Saint John races
7. Irish band on a flatbed truck in middle of a baseball field
8. Person running 6.5 miles in a beaver suit
9. Running into a herd of cattle in a race
10. A moose on Sunset Drive
11. Hunters in the UNB woodlot
12. Pigeon diving at my hair
13. Stopped by cops for running a red light
14. UNB's attire (runners) e.g. holey shirts and red caps
15. Tripping over a cat
16. An athlete up a tree during the awards
17. In Oromocto numerous runner's getting their awards in sock feet

MOST VALUABLE

1. \$20
2. wedding ring
3. \$10
4. watch -still ticking
5. peace of mind
6. 5ft5in. brunett (36,24,36)
7. a male jogger looking very friendly.
8. relaxation
9. girls suntanning
10. nicest hats and gloves found in the winter.
11. \$5
12. 25¢
13. A bottle cap winning 25¢
14. A particular female runner's attire. She's from Moncton
15. draw prizes
16. a shape I can live with

A RUNNER'S GUIDE TO PHYSICAL AND MENTAL CONDITIONS THAT RUNNING WILL DEFINITELY WILL NOT CURE

acne
body odor
delusions of grandeur
deviated septum
hangover
herpes simplex
impotence
ingrown toenails
lust

sleep walking
snoring
syphilis
trenchmouth
ugliness
psoriasis
procrastination
poverty (unless your name is Salazar)
paranoid schizophrenia

ACHES AND PAINS

This month we will do two problems:

COLD AND FLU

Running can help you get rid of a cold, but it can also weaken you to infection. As you read earlier, running may lessen your chances of fever and it is possible to run right through a cold. This might have put your non-running friends to bed. However, if we overstress ourselves, we are very susceptible to the common cold. Runner's are very susceptible after a long run like a marathon or after a hard pre-race buildup of mileage.

Exercise as you have no doubt noticed, breaks up the congestion of a cold. It also gives a psychological lift. Colds are a warning signal though. Treat them with respect. They usually represent a breakdown of the defence system of your body. A cold can be an early warning signal that you are becoming exhausted. There have been cases of runners dying while exercising while fighting a viral infection.

If you have a cold, cut your mileage down, slow down, and run only when you feel like it.

To avoid a cold, keep warm, keep your head covered in cold weather, and don't stand around after a run in your sweaty clothes.

Fever and flu are more dangerous. The body is in a weakened state. It doesn't need the extra stress of running, while it is trying to fight the infection. It needs bedrest and a slow return to the normal schedule. It is wise to listen to your body instead of a stubborn mind.

CALLUSES

Calluses develop from the constant rubbing of the foot in a shoe and the pounding of the foot on the ground. They are usually on the bottom or back of the heel or under the ball of the foot. This can be painful but on the other hand thick calluses can protect the outer skin layer. They can also cause an increase of pressure on the tissues and bones of the foot.

Calluses are fairly rare in runners but many of us do have them. At times the callus must be removed surgically when a blister forms under the callus and becomes infected. To prevent this from happening one book suggests using a pumice stone to regularly sand down your callus. Calluses are usually encouraged in certain areas of the foot for protection. If your callus does seem to bother you Vaseline or some other skin softener might help alleviate the problem.

IN THE FAST LANE

By The Loose Sneaker - Great Godson of "The Freebooter"

With all the problems facing runners today such as dogs, unruly motorists and now poor footing, let's hear a loud jeer for those people who park their cars across sidewalks! I can't think of one thing that peeves me more, because by the time you encounter one of these nitwits you're usually in a nice easy-going regulated stride. I feel like calling the police once I've gotten home, however, I have yet to do it.

I was running on the north side a short time ago, breathing in the nice fresh evening air when I suddenly passed a house where a woodburning stove was being used - almost impossible to breath especially when the humidity is high and the smoke goes down rather than up.

The common consensus from runners I have talked to is that winter running is more fun than frying in the summer sun. As the racing season is over the pace is certainly slowed down, due in part to the usual bad footing. But I think most runners would agree that a nice easy run through a gently falling snow shower is pretty darn nice. I was out a couple of weeks ago, a Monday night I think, when the temperature was about 0, no wind and large snow flakes falling from the sky, just a great feeling of personal tranquility and unrestricted solitude. My recommendation to all runners is to dig your sneakers out for the winter rather than hang them up.

Remember, in winter running, a lot of the time we must use the roads. I saw a couple of runners the other night while I was driving, and my headlights picked them up about 200 yards away. They were wearing this ultra-reflective equipment - great stuff. One very important note on winter running - LETS BE CAREFUL OUT THERE!!!!

Was talking to a winter runner the other day, actually he only runs in the winter months, and he said he runs about 4 miles per session at a 45 minute pace, give or take 20 minutes. Sounds like Santa should bring him a watch for Christmas.

This ends the first article in the series "IN THE FAST LANE".

E3A 3M7

Mr. F

115 Square Circuit

London Ontario

